

Local merchants. Huge savings. No strings attached.



frugalfridays

COMING AUGUST 2nd!
InportNews.ca/FrugalFridays

The Healthy Cupboard

MYO-MED
"Is going to ease a lot of PAIN"

3oz TUBE

• Arthritis • Tendinitis
• Muscle strain • Back pain

HOT PRICE!
\$19.99 per tube
While supplies last



旋典酒家 The Gourmet Restaurant
Fresh homemade Mango
Saled now on Buffet
Lunch Buffet \$6; Dinner \$11.50
Fully Licensed - Open 7 days
485 MAIN STREET, PORT COLBORNE 905-834-6683

THURSDAY, JULY 25, 2013

Stars come out

Caravan of Stars at Roselawn
Page 7

Funds are gone

Bridges missing \$233,000
Page 10

Give me a break

Waive charges, mechanic asks
Page 32

Award winner

Fabiani dances to the top
Page 39

Lucy's Cafe & Catering

A Taste of Italy

Authentic Italian Cuisine
Lunch And Dinner Menu
Full Catering Services



90 Nickel St., P.C.
905-834-7811
Open Tues - Fri 11am-10pm
Sat 11am-10pm
Closed Monday

INPORTNEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 28 VOLUME 17

For news updated daily see www.inportnews.ca

■ PUBLIC SAFETY: Coast Guard volunteers keep POCOMAR routine ship-shape

Helping hands on deck

DAVE JOHNSON
InPort News Staff

As soon as those two words came out of Casey Biko's mouth, Brian Canter turned the Donald R. Workman hard to port and then swung it

back to starboard to bring it in the opposite direction it had been headed.

see POCOMAR | page 2

PORT COLBORNE
— "Maryanne overboard"



Port Colborne Marine Auxiliary Rescue unit coxswain Brian Canter rescues a specially-made dummy during a training drill on Lake Erie.

Staff photo

HomeTownRealEstateGuy.com

Michael Smith
SALES REPRESENTATIVE



TOP 10
RLP AGENT
2012
2009
2010
2011
2012
DAMON
AWARDS
2012

ROYAL LEPAGE
REALTY INC.

Ph: 905-834-9000
DIRECT: 905-650-4741

NEW LISTING!

NEW PRICE!

YOUNG & GORGEOUS!

OPEN HOUSE SUNDAY
1 - 2:30 PM

OPEN HOUSE SUNDAY
2:45 - 4 PM



338 Fielden Ave.,
Port Colborne
\$299,900

2 story 3 bed, 2 1/2 bath family home with finished lower level, heated inground pool



465 Fares St.,
Port Colborne
\$149,900

Recently updated 3 bed, det. garage with up loft, modern kitchen



547 Cedar Bay Rd.,
Port Colborne
\$499,900

Gourmet kitchen w/granite, soaring cathedral ceilings, wdg. hardwood, steps to beach



NEW PRICE
608 Elm St.,
Port Colborne
\$109,900

Great starter 3 story, 1 1/2 bath w/updated



NEW PRICE
185 Alexandra St.,
Port Colborne
\$147,900

Classic 2 story, well built character in great location. 3 bed, updated kitchen & planning

If a quick and successful approach to buying or selling your biggest investment is what you are seeking, give Michael a call to discuss your next move.

■ POCOMAR

Weekly training keeps unit members sharp

FROM PAGE 1

Thankfully, Maryanne — as in *Tribune* reporter Maryanne Firth — hadn't actually fallen off of the rescue vessel, also called POCOMAR 1. Biko just used her name instead of calling man overboard during the training exercise.

Canter said the move, done at high speed, is called the Williamson manoeuvre and is the quickest way to get to where a person has fallen off of a ship. The direction the ship moves in first, port or starboard, is up to the operator of the vessel.

"It works better with this boat is you veer to port," said Canter, who joined Port Colborne Marine Auxiliary Rescue (POCOMAR) unit in 2009 and is one of its coxswains.

Canter, Biko and Melanie Gendreau, the unit's executive officer, were out Wednesday morning for their weekly training.

"Training is very important," said Gendreau. "Once we get out there, if we haven't trained then we're not going to know what we are doing and everything will be hectic and disorganized. The more we train the more routine it becomes, the more automatic our responses."

She said even though every task (call) POCOMAR is sent out on is different, training and working with the same crew helps.

Biko said his first training night with the unit saw five- to six-foot waves on the lake, while Gendreau said her first night was an actual task.

Though crews train together, anyone can show up to a task. The whole unit, made up of volunteers, is on call 24/7 and individual crews are on call for 24-hour periods.

Canter said Wednesday is the day he, Biko, who is the unit's public relations officer, and Gendreau train and are on call together.

While they usually practice at night, all three were on afternoon shifts and decided to train in the morning.

THE VESSELS

Donald R. Workman

34 feet

Can operate in as little as three feet of water

Built by Dower/Craft Marine in Port Dover

Two 300-horsepower engines

600 feet of tow line

Ted Cook

25 feet

Stanley jet boat

Single 300-horsepower engine

Able to move in water less than a foot deep

Firth and I were invited on board the Canadian Coast Guard auxiliary vessel to see some of the training the members go through.

With a layer of fog over Sugarloaf Harbour Marina and Lake Erie, Canter guided POCOMAR 1 out past the breakwalls and an incoming lake. A flip of the throttles to almost full and in no time flat, we were at the two-mile buoy in Lake Erie.

Once out on the lake, and with no other boats in sight, Canter and the crew set up the person-in-the-water recovery system and Biko tossed a dummy, complete with life-jacket, called 'Bob' overboard.

With Canter holding to the side, Gendreau leaned over her and put a recovery strap around Bob, before Biko used a rope system to haul him back onboard. Biko and Canter also recovered Bob from the waters. They also used a full basket to recover the dummy.

In addition, they put a person-in-the-water buoy out and practiced a technique to bring the vessel as close to the buoy, which was simulating a person.

Once they were finished that, Canter took the vessel back in to Sugarloaf Harbour Marina to end the training for the day



DAVE JOHNSON Staff Photo

Port Colborne Marine Auxiliary Rescue unit coxswain Brian Canter mans the Donald R. Workman, a custom-built boat used for search and rescue on Lake Erie.

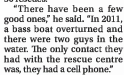


DAVE JOHNSON Staff Photo

Port Colborne Marine Auxiliary Rescue unit executive officer Melanie Gendreau and coxswain Brian Canter ready for a training drill on Lake Erie.

Lake Erie rescue team marks 25 years

Peyton said he can't recall



"We were out in pretty rough weather. We got there and got them out of the water and took them in and treated

The unit's current commodore, John Conlin, called the 49 auxiliary volunteers he worked with "a very good

The dedication of the volunteers was apparent during the anniversary celebrations. Several pagers rang simultaneously as they sat in the city's waterfront pavilion awaiting a meal of smoked pork.

Minutes later, several of the volunteers were aboard their newly refurbished boat, the Donald R. Workman — named after the unit's first commander — racing out of the harbour to assist another vessel in distress.

Thanks to all of our Sponsors!



Visit PelhamSummerfest.ca



MEDIA PARTNERS



INPORT NEWS

Published by InPort News

Sun Media Corp.

228 East Main Street, Welland, Ontario, L3B 5P5

Tel: 905-732-2414 Fax: 905-732-3660

inport.news@sunmedia.ca

John Tobon, publisher, print & digital

Dave Johnson, InPort News senior reporter

SUN MEDIA
A Quebecor Media Company

■ ourview

We want no kid left behind, especially in a hot car

It's the most precious cargo you'll ever put in your car. But sadly, some parents aren't transporting their child with the high burden of care required.

At the end of June, Milton, Ont., toddler Maximus Huyskens was left in a parked car in the heat for hours.

The reason? Missed messages. One caregiver thought another was looking after him. That minor confusion ended in tragedy.

The little boy's grandmother is now charged with criminal negligence causing death and failing to provide the necessities of life in the death of her grandson.

The day after Huyskens's funeral, a three-year-old Edmonton child died under similar circumstances. Horrific detectives are currently investigating.

This past week two kids died in cars in Israel.

On Tuesday, an 11-month-old in Alabama died in a car, bringing the total of heat-related car deaths to 21 in the United States. The U.S. average is a heartbreaking 37 kids a year.

It may seem harsh for the legal system to slap charges on mourning family members who didn't mean for their child to suffer and would give anything to turn back time.

But neglect is neglect.

Something needs to drive the point home and draw attention to just how much harm leaving a kid in a car on a hot day can do.

The heat wave that recently impacted much of Canada was bad enough to experience indoors with a fan on. Inside a car with the windows rolled up makes it that much worse. Studies show temperatures inside your car can soar in mere minutes and reach hazardous levels even on days not as torrid as we've experienced during the recent heat wave.

Kids are especially vulnerable: Their bodies heat up nearly five times faster than those of grownups.

Leaving a young child alone in a car is never a good idea, in any kind of weather.

If you see an unattended kid, or a pet for that matter, sweltering away in a car, call 911.

And lock your car doors when it's empty so adventurous tykes can't get in when you're not around.

One simple mistake can end in catastrophic results.



Guest columnist

JOE BARKOVICH

No concern about food bank lineups?

This is crunch time for local food banks. No, not "crunch" as in a mouthful of potato chips. But "crunch" as in decisive moment.

Their plight rings out in an all-too-familiar refrain: "Our cupboards are bare."

The words should be anything but music to our ears. It happens summer after summer. I've no doubt it is being experienced again.

Not long ago, I read a story about Welland Salvation Army's plight. In order to keep up with demand, it might have to start purchasing food supplies to give to food bank clients.

The Army is not alone.

Another example is the venerable St. Vincent de Paul Society, which for decades has come to the assistance of needy people in our community. Recently, volunteers have turned to pasta dinner or wine and cheese fundraisers for the same purpose — to purchase non-perishable food for donations to people in need because of the difficulty in keeping up with demand.

So, dare I say the problem of poverty in local communities is a moral crisis?

So, dare I say we should be morally outraged at the situation staring some of us in the face, and others in the stomach?

We should be shocked by what is happening. The social safety net, the support system that provides assistance to those who "fall through the cracks" as the saying goes, may be in need of a safety net of its own. I don't know about you, but I find this alarming.

Donations from the community-food drive, from a flurry end-of-school-year food drives and from other means of organized giving just don't cut it anymore. They haven't for a while.

Word on the street, word from church pulpits, word from frontline workers, word



JOE BARKOVICH Tribune Photo

Food banks are almost always in need of non-perishables such as cereal, canned vegetables, rice, pasta and pasta sauce especially at this time of year when organized charitable giving plummets.

at gatherings of social justice activists is that volunteer-based charitable agencies cannot count on donations from the community at large to carry them through month after month.

Two forces may explain what is happening. One: Charitable may be on the decline. This could be attributed to so-called "donor fatigue" — people are becoming tired or apathetic about contributing, or the number of people who can donate regularly is itself in decline, due to hard times or personal setbacks of their own.

Two: The number of people in need of assistance is still escalating, placing greater stress on supply. A longtime food bank volunteer offers a chilling assessment of the situation, describing it as one where "more people are on the way down than on the way back up." More people coming to food banks these days are working-class people, the underemployed, who are

struggling just to treat water, he said.

A memorable headline over top a story in a national newspaper about how food banks were started as a short-term measure but still are in business 30 years later tells the story in a nutshell: "How a snack became an endless meal." It's applicable here, too, and in Port Colborne and Cadzaruine and Niagara Falls and elsewhere.

Here is something else to ponder.

Is something out of whack with our priorities? People express outrage about pets left inside vehicles during sweltering weather — and I am among them, my household includes a dog and a cat. But where are the voices of concern over the sight of 30, 40, 50 or more people waiting for a food bank to open its doors? Where are letters to the editor from people of conscience asking: Why is this happening? What's to be done about it?

The sound of silence —

the common response to such scenarios — should be worrisome. On a world scale, it has been referred to as the "globalization of indifference." Dare I say we are witnessing a "localization of indifference"?

Welland has five food banks in total, and donations to all show a a trickle during summer months if the experience of previous years holds true. It may be time for a reality check by local media to see how they are coping, the outcome could have powerful effect. I'm reminded of a note from Monique Finley, Welland Food Drive committee chair, after last fall's citywide collection: "People read and depend on The Tribune for all our community news so by extension, the food drive's success is tied to The Tribune as well."

The predictable plea, "our cupboards are bare" by food banks should not be taken lightly in local news pages or newspaper websites. The "localization of indifference" can take a heavy toll.

■ LETTERS TO THE EDITOR

Rural landscape changing forever

Many years ago, my father had a fascination and wonderment with airplanes and jumbo jets. In fact he could draw these planes with specific detail. I can recall many Sunday afternoons when dad would take mom and us kids for a drive to the Toronto International Airport in our 1961 Impala. Nothing made him happier than to watch these "shiny, white" jets. The planes were so "magnificent" and "pristine."

Dad watched through his binoculars as one by one the jets proceeded down the runway and ascended into the sky and off into the "horizon." One could describe the planes approaching for landing and the touchdown like a "well choreographed ballet." What an "impressive sight" they were indeed.

Thankfully, however, at no time did my dad turn to my

mother and say that he should like to move our family home 550 metres away from the landing strip because he was so envious of the people who were benefitting from these aircraft everyday. The choice, however, would have been his to make.

Unfortunately, the Liberal government has unilaterally removed the democratic rights of its rural citizens in order to facilitate their government initiative and have taken away that choice.

Living in Wainfleet has been a wonderful experience and we have every right to keep it that way. Those of us who will be affected by this impending doom—wind turbines—will be devastated to watch our lives as rural dwellers be impacted by this environmental liability.

We are the ones who will be

witnessing the beautiful symmetry of the Canadian geese with the gentle Lake Erie breeze at their backs as they are pulled into blades and slaughtered as they attempt to fly through what is rightfully their flight path. Having these behemoths foisted upon us with both acoustical and low-frequency noise, infrasound, electromagnetic radiation, dirty electricity/transient voltage, light flicker, vibration, sleep deprivation, a reduced quality of life, degraded living conditions and top it all off with the catastrophic property values of those in the "viewshed," Wainfleet will be forever changed.

Katherine Pilon
Wainfleet

see LETTERS | page 6

Who you are insured
with doesn't matter...
...until it DOES!

Get a
QUOTE for a
chance to **WIN**
a **Mac Air Laptop**
OR a **\$1500**
Gas Card!!



Call Today for a
FREE Quote
and Compare!



David Barrick

WHITES'
INSURANCE BROKERS
905-834-3228



Sandy White

45 Clarence St. W. Port Colborne • www.vergeinsurance.com
Auto • Home • Business • Marine • Life • Bonds

MURDOCH'S

Celebrating 54 Years as Tire & Mechanical Experts

RECEIVE \$100 VALUE ON THE PURCHASE OF 4 TIRES
RECEIVE \$60 MECHANICAL LABOUR GIFT CERTIFICATE

HERCULES **SAVE \$40 ON A SET OF 4**

ECONOMY VALUE MRX PLUS ALL SEASON	PREMIUM TOURING ROAD TOUR 655 ALL SEASON	PERFORMANCE RAPTIS HRI WIDE STYLE PERFORMANCE	TERRA TRAC AT LIGHT TRUCK PREMIUM
--	---	--	--

 REGULAR PRICE \$69.00 SPECIAL \$236 P175/70R13	 REGULAR PRICE \$89.00 SPECIAL \$316 P185/70R14	 REGULAR PRICE \$79.00 SPECIAL \$276 P185/60R14	 REGULAR PRICE \$139.00 SPECIAL \$516 P215/75R15
---	--	--	---

TIRE SALE - NOW ON - FREE INSTALLATION AND BALANCING

FRONT END ALIGNMENTS \$49 WITH A TIRE PURCHASE	NITROGEN TIRE FILLING \$39.95 FOR 4 TIRES	<p>Sale Expires: July 31, 2013</p> <p>Murdoch's</p> <p>ONE STOP TIRE & AUTOMOTIVE • PROFESSIONALS FOR 54 YEARS • 285 Killaly Street W., Port Colborne • 905-835-8832</p>		<p>15% OFF</p> <p>ON BRAKE PARTS & LABOUR</p>	<p>LUBE OIL & FILTER</p> <p>FROM \$29.95</p>
--	--	---	--	--	--

SHERK TIM-BR MART

333 Davis Street (next to Home Hardware)

Port Colborne, ON L3K 1Z5

Phone: 905-834-4541

• Fax: 905-834-5100

Email: sherk@bellnet.ca



"Lumber merchants since 1810"

Railway Ties: 6"x9"x8'6" : \$13.99 cash and carry • Used
posts: 8"x8"x6' : \$10.99 cash and carry • Bulk stones and
coarse/fine sands (delivery available) Second Doors from \$5.00 and up

SCRATCH & SAVE

SAVE UP TO 50% ON JULY 26TH & 27TH

Only one scratch card may be obtained or redeemed per person per day, cash and carry sales only.

NO HST every 3rd Tuesday of the Month

Different type of weeding



Seaweed in the inner harbour, near Boarder Pass Niagara's jumps and rails, of Sugarloaf Harbour Marina in Port Colborne are cleared on Thursday morning.

DAVE JOHNSON Staff Photo

LETTERS

Suzuki is no joke

According to the main point of view in the July 15 edition of The Tribune, David Suzuki is an "embarrassment and a joke."

Suzuki is one of the brightest men in the world. He made some comments about immigration that upset the Sun Media writer who went on an attack instead of concentrating on what Suzuki had said.

Suzuki is not against immigration per se. He said that Canada's "floor space" is full and that we are "saturated" with immigrants. If you open a map of Canada and look at its vast size, you would think that indeed Suzuki must be deluded.

However, the point that he's making is that the next half-million immigrants

are not going to settle rural Saskatchewan. Most will come to Toronto and Vancouver.

An attempt to drive through the Toronto area clearly shows that the area is indeed "saturated." A few tens of thousands more cars on the roads will soon choke the highways into perpetual gridlock.

The added strain on the infrastructure such as water supply, sewage and garbage disposal will be quite a challenge to alleviate.

I would like to see the journalist who composed this editorial go head-to-head in a debate with the scientist who he considers "a joke."

David Fowler
Wainfleet

FABRICLAND

www.fabriclandwestern.com

CLEAN SWEEP SALE
THURSDAY JULY 25 - SUNDAY JULY 28, 2013

ALL IN STOCK OUTDOOR

PRINT FABRICS

BUY 1 METER AT OUR REGULAR PRICE

GET 2 METERS FREE FROM SAME BOLT
SELECTION VARIES BY STORE

**SOLID FABRICS
PANELS & DECOR**

50% OFF
OUR REGULAR PRICE

**SPECIAL SELECTION
SUMMER FASHION
FABRICS**

75% OFF

OUR REGULAR PRICE
SPECIAL SELECTION, IN STOCK ONLY,
SELECTION VARIES BY STORE

**ALL IN STOCK
DRAPERY HARDWARE,
READY TO HANG DRAPERY
PANELS AND
DECOR CUSHIONS**

50% OFF

OUR REGULAR PRICE

**ALL IN STOCK
BASIC FABRICS**
BROADCLOTH, LINING,
TWEILL & MORE
50% OFF
OUR REGULAR PRICE

**ALL IN STOCK
McCALLS PATTERNS
SALE**
\$3.99 EA.
LIMIT 10 PER PURCHASE



Stamford Hearing Clinic

Approximately 3 million Canadians suffer from hearing loss - That's 1 out of 10 people!

What we do Free

- Hearing Aid Testing
- Hearing Aid Selection
- Fitting & Dispensing
- Ear Impressions
- Counseling

Hearing Instrument Specialists are recognized by



All major health insurance carriers



The Association of Hearing Instrument Practitioners of Ontario



LOVE
your ears



4113
Portage Road,
Niagara Falls
First Cor.
ON L2E 6A2
Phone - 905-357-6166
Fax - 905-357-3822

238
Bertie Street,
First Cor.
ON L2A 1T3
Phone - 905-571-8566
Fax - 905-571-4172

111
Fourth Avenue Unit,
3 Ridley Square,
St. Catharines ON L2S 3P4
Phone - 905-397-0560
Fax - 905-397-0661

MOUNT CARMEL CENTRE
3770 Montrose Rd., Niagara Falls
354-7117

FABRICLAND
575 WELLAND AVE., St. Catharines
695-6595
www.fabriclandwestern.com

Store Hours:
Mon.-Fri. 9-6 • Sat. 9-6 • Sun. 12-5
34 DOUGLAS AVE., Welland
734-3836

■ ENTERTAINMENT

Caravan of stars coming to Roselawn

PORT COLBORNE — The Ed Sullivan Caravan of Stars is coming to Roselawn Theatre on Friday, July 26.

It's a theatrical celebration of the CBS television series that featured Ed Sullivan throughout the 1950s and '60s, and rising musical stars such as Elvis Presley and The Beatles.

Jeff Brown, a radio personality from 91.7 Giant FM, will play the role of Ed Sullivan, introducing a variety of musical performers that includes: guitarist Mike D'Adda playing Buddy Holly hits such as Peggy Sue and That'll Be the Day; Bill Cull from the Memphis Cats band who will perform songs by The Big Bopper; Bruce Tournay from the Memphis Cats band performing songs by Ritchie

Valens; and Jim Yorlido performing songs by Johnny Cash.

The "really big show" starts at 8 p.m. Tickets are \$28 each, available by calling 905-834-0833 or from the theatre box office at 296 Fielden Ave.

Richard Siding



- Siding • Soffit • Fascia
- Eavestroughs • Windows

We Side With Pride

40 Years Experience

Call 905-835-5543



FREE ESTIMATE

Sweet coverage! With State Farm® home insurance, your experienced agent will help guide you through all aspects of your policy. From advice on policy specifics to information about discounts, our extensive product knowledge has you covered. Welcome to insurance with iding on top. Get to a better State®. Get State Farm. CALL ME TODAY.



Mark Gullbeault, Agent
220 Main Street West
Port Colborne, ON L2K 3Y4
Bus: 905-835-0521
Toll Free: 866-748-7062
www.markgullbeault.com

State Farm®

State Farm Fire and Casualty Company, Aurora, Ontario



good state

better state

L2028428

Congratulations



Smith Optical is proud to announce the graduation of Bryanna Pinelli, daughter of Adrienne and granddaughter of Vincent and Marlene Smith. Bryanna has received her Honours Bachelor of Science degree

with a concentration in Life Science from McMaster University. Bryanna will be attending the University of Waterloo School of Optometry & Vision Science in the fall. Both the Smith & Pinelli family are very proud of Bryanna's accomplishments.

TIMBER MART

You can do anything

LUMBER CLEARANCE EVENT

BLOWOUT PRICES ON "SECOND GRADE" AND WEATHERED LUMBER

PRESSURE TREATED LUMBER "SECONDS"

	SALE	REG.
1x6 - 4 PT	\$11.99	
1x6 - 5 PT	88¢	\$2.19
1x6 - 8 PT	\$1.20	\$3.89
1x6 - 12 PT	\$2.25	\$5.94
4x4 - 10 PT	\$3.99	\$11.99
4x4 - 12 PT	\$4.99	\$14.39
4x4 - 14 PT	\$5.99	\$16.19
4x4 - 16 PT	\$6.99	\$19.97
5/4x6 - 8 PT	\$2.99	\$5.89
5/4x6 - 10 PT	\$3.49	\$7.39
5/4x6 - 12 PT	\$3.99	\$8.79
5/4x6 - 16 PT	\$4.49	\$11.79

	SALE	REG.
5x6 - 8 PT	\$6.50	\$14.99
5x5 - 10 PT	\$7.50	\$19.95
5x5 - 12 PT	\$9.75	\$21.99
6x6 - 8 PT	\$7.50	\$24.69
6x6 - 10 PT	\$9.75	\$31.39
6x6 - 12 PT	\$11.50	\$37.29
2x2 - 4 PT	\$1.50	\$5.99
2x6 - 8 PT	\$3.00	\$8.95
SCALLOPED		

CANEXEL SIDING
#1 GRADE
3/8" x 6" - 12"
Colour Sand



WEATHERED CEDAR "SECONDS"

	SALE	REG.		SALE	REG.
SAME BOX	\$2.00	\$4.29	2x6 - CEDAR T&G	\$1.00/LF	\$4.29/LF
1x6 - 8 CEDAR	\$2.00	\$4.99	4x4 - 8 CEDAR	\$9.00	\$20.97
1x6 - 8 CEDAR T&G	\$2.00	\$6.79	4x4 - 10 CEDAR T&G	\$12.00	\$26.69
1x6 - 6 CEDAR T&G	\$2.00	\$6.79	6x6 - 8 CEDAR	\$21.00	\$46.80
1x6 - 4 CEDAR	\$1.00	\$3.11	6x6 - 10 CEDAR	\$25.00	\$58.50
1x6 - 5 CEDAR	\$1.25	\$3.99	6x6 - 12 CEDAR	\$30.00	\$70.20

- PRODUCT AVAILABILITY VARIES BY STORE • ALL SALES FINAL
- CASH & CARRY • DELIVERY AVAILABLE AT STANDARD DELIVERY CHARGES • NO SORTING • WHILE QUANTITIES LAST

For ALL your building or renovation needs, let us service & quote all your projects... Kitchens, Bath, Paints, Decorating, Flooring, Lighting, Plumbing, Electrical

FORT ERIE
TIMBER MART

FORT ERIE • 584 GARRISON AVE
905-871-3648

WELLAND
TIMBER MART

WELLAND • 920 NIAGARA STREET
905-732-2444

\$2499
EACH
reg. \$49.95

CEDAR GROOVED TIMBERS

	SALE	REG.
6x6 - 10 PT	\$20.00	\$69.75
6x6 - 12 PT	\$24.00	\$84.50
6x8 - 10 PT	\$24.00	\$88.90

Meridian

**With a full Wealth Advisor team, you
can be assured that at Meridian
we've got your back.**

Talk to a Meridian Wealth Advisor today about building a financial plan.



Stephen Cooper

stephen.cooper@meridiancu.ca
805-688-8598 ext 7707



Barbara Durley

barbara.durley@meridiancu.ca
905-937-7111 ext 3105



Chris Heckley

CFP
chris.heckley@meridiancu.ca
805-688-6589 ext 7707



Dan Iamonaca

CSC, IFP, STI, FFP
dan.iamonaca@meridiancu.ca
905-582-7375 ext 8303



Heather Lynn

FPF, RRC
heather.lynn@meridiancu.ca
805-356-2275 ext 8906



Anna Luciano

FPF
anna.luciano@meridiancu.ca
905-358-2275 ext 8802



Gail Meyer

CFP, RFP, FFP, CSC
gail.meyer@meridiancu.ca
805-688-0480 ext 3754



Aulf Pobitille

CFP
aulf.pobitille@meridiancu.ca
905-732-7222 ext 8003



Paul Shelestowsky

CFP
paul.shelestowsky@meridiancu.ca
805-688-3438 ext 8508



Christine Spiteri

CFP, FMA, RRC
christine.spiteri@meridiancu.ca
905-834-8241 ext 4218



Nancie Taylor

CFP, IFP, FFP, CSC
nancie.taylor@meridiancu.ca
905-892-2628 ext 8209



Frances Tkachuk

CFP, FMA
frances.tkachuk@meridiancu.ca
905-834-8241 ext 4220



Cindy Harvey-Zanuttini

FPF
cindy.harvey@meridiancu.ca
905-892-2628 ext 8207

meridiancu.ca/wealth

Your money. Your way.
Imagine that.





**FIND
ANYTHING
HERE!**

SBS FURNITURE
Fill your home without emptying your wallet!



**SHOP OUR
SHOWROOM**
Mon - Wed, 10 - 5:30
Thurs. - Fri, 10 - 9
Sat., 10 - 5:30

Chaise Lounges
From **\$198**

St. Catharines
449 St. Paul St. (Above Herzog's) **905-397-7281**
Lots of **FREE PARKING** behind store on Centre Street

Port WORKS!

Mary Lou Dagenais was unemployed and came to Port Cares for help with her job search. After reviewing her options with our Employment team, she decided self-employment was the way to go. She had extensive skills in small engine repair and the motivation to start her own business.

We connected her with Ontario Office Works where she completed an 8-week self-employment program. She is now the successful owner of the very busy

Lou's Small Engine Repair.

Congratulations Mary Lou! Glad we could help.



Employment Services

92 Charlotte Street, Port Colborne
905.834.3629



This Employment Ontario service is funded in part by the Government of Canada.

Going on holidays?

Stay connected with the
**WELLAND
TRIBUNE**
wherever you are with
edition



Print, save and share your favourite stories

Receive your **WELLAND TRIBUNE** by email

Get mobile access on your cell, blackberry, iPhone and iPod touch devices to stay connected

RSS feeds, social net-working & blogging

Online features such as tabbed sections and daily content highlights make navigating easier!

13¢ a day!
\$3.99 month



TO ORDER YOUR ONLINE SUBSCRIBE TODAY VISIT:
Edition.wellandtribune.ca

PROMO
CODE:
2013 \$3.99

A REALLY BIG SHOW!

ED SULLIVAN

★ ★ CARAVAN OF STARS ★ ★

Featuring All Star Tributes:

★ **JERRY LEE LEWIS**

JOHNNY CASH ★

★ **RITCHIE VALENS**

BIG BOPPER ★

★ **EVERLY BROTHERS**

BUDDY HOLLY ★

FRIDAY JULY 26, 2013 8 PM

ROSELAWN THEATRE

296 Fielden Avenue, Port Colborne

905-834-0833

Tickets
ONLY \$28

■ **POLICE:** Detective shares advice for other business owners

Bridges health centre reports \$233,000 missing

ALLAN BENNER
InPort News Staff

PORT COLBORNE — The Niagara Regional Police fraud unit is investigating after about \$233,000 was

allegedly misappropriated from Bridges Community Health Centre.

Bridges president Russ Wilson said the health centre, with offices at 177 King St. in Port Colborne and 1485 Garrison Rd. in Fort Erie,

learned about 11 months ago that funds had been taken from the organization during the previous four years. An unidentified employee was subsequently fired.

Police were called following a

forensic audit conducted on the health centre earlier this year.

Although Wilson said the completion of the investigation "is imminent," the detective conducting the investigation couldn't predict how much longer it will take.

"I have to rely on documentation from outside sources and it's really out of my control as far as when I receive that information," said Det. Bill Stockill. "To put a time limit on it, I really can't."

He could not say Wednesday whether an arrest will be made at the conclusion of the investigation.

"It's way too early," Stockill said. Asked if the provincial government-funded organization has stepped up security or added additional safeguards as a result of the alleged fraud, Wilson said "it's business as usual."

"We've been able to maintain our level of service to our clients," Wilson said. "That was not impacted. We're just moving along as normal, and normal practices are instituted as they would be in any of these cases."

Stockill said fraud cases like the one he's currently investigating are far too common.

"I investigated one — it took a couple of years — a retailer in

Niagara Falls. The former employee was dipping into company funds for a few years and it resulted in a couple of hundred thousand dollars in loss."

That investigation led to an 11-month jail sentence for the former employee of that company.

He recalled sharing some advice with the owners of that business — advice he said that he'd like to share with retailers and businesspeople in general.

"Be cautious of who you trust. And even then, don't put 100% of your trust in one person, because that's how it always ends up happening," Stockill said. "It's always the last person that they think would do this to them."

"That's almost a verbatim phrase from complainants once they find out who it was that ripped them off."

He said a few "warning lights" to watch for are bookkeepers that don't take vacations, and are hesitant to have any one do their job or even assist them.

The bookkeeper, Stockill explained, could be concerned that if someone else were to take over their job — even temporarily — they would find out what's going on.

allan.benner@surnmedia.ca



SMILE WITH CONFIDENCE

KAMATOVIC ORTHODONTICS

BRACES FOR ALL AGES!

(905) 356-7919

kamatovicortho.com

ARE YOU **BUYING** OR **SELLING?**



LOOK IN HERE

For the Area's Largest Selection of Homes for Sale

DELIVERED EVERY THURSDAY

• Welland Tribune • In-Port News
• Pelham News •

WE ARE DELIVERED TO YOUR HOME



Cedar Bay Windows
Your Local Window Specialists

Over 30 Years Experience

Book Now & Save 15%
On All Replacement Windows

Offer Expires August 31, 2013

MAKE YOUR HOME MORE BEAUTIFUL, SAFE & ENERGY EFFICIENT... WHILE INCREASING ITS VALUE

- All products are Canadian made • Low E Argon Glass
- Tilt & Clean Feature • Many Colours Available.

Call Now for your FREE Estimate
905.329.1047

Cedar Bay Windows

■ **RUDGE TRIAL:** Lawyer says his client was framed

'Ridiculous' theory proposed about cop accused of tipping off bikers

ALLAN BENNER
InPort News Staff

WELLAND — Was Niagara Regional Police officer Frank Dean Rudge framed?

That's the gist of a theory his defence lawyer, Ron Brady, presented during his closing arguments in Superior Court in Welland, last Friday.

It's a theory, however, that Crown attorney Robin Plummerfelt described as "ridiculous" during the retrial of the man charged with breach of trust by a public officer for allegedly

leaking confidential police information to the Hells Angels motorcycle gang.

Brady told Superior Court Judge Peter Hamblly that someone entered the Port Colborne police detachment, stole confidential police documents that Rudge printed and left in his mailbox, and gave those documents to the motorcycle gang to incriminate Rudge. At the time, he said, gaining entry to the police detachment was only a three-digit security code that had not been changed in 24 years.

Referring to statements by NRP officer Daniel Marr — who on Jan. 29 testified that members of the motorcycle gang told an unidentified police informant that "Rudge is on their side" — Brady said gang members were aware that the man was a police informant and intentionally identified Rudge as the source of the leak knowing that the information would be reported to police.

Or, Brady added, it could have been another police officer helping to frame his client.

"You must have noted in

(Rudge's) evidence that he felt he was at odds with half the police officers in that building," Brady told the judge.

The trial resumes Aug. 2 at 10 a.m. when Hamblly is expected to render his verdict in the retrial.

Rudge, who was first arrested April 4, 2007, was acquitted at the conclusion of his first trial in 2010.

A second trial was ordered in December 2011 after the Crown successfully appealed.

allan.benner@surmedia.ca



ALLAN BENNER Staff Photo

The retrial of Dean Rudge resumed in Superior Court in Welland last Thursday.

Summer Sales Event. Now On.

Exceptional finance and lease rates on a wide range of vehicles. Now through July 31st.



THE ALL-NEW 2013 B 250.
TOTAL PRICE: \$37,455**

FINANCE APR

0.9%

48 MONTHS

**lease extra.

LEASE APR

2.9%

48 MONTHS

**lease extra.

LEASE PAYMENT

\$298*

BLU&P CASH

**lease extra.

THE 2013 C 300 4MATIC™ NO CHARGE
PREMIUM & SPORT PACKAGES. TOTAL
PRICE: \$46,205**

FINANCE APR

0.9%

48 MONTHS

**lease extra.

LEASE APR

1.9%

48 MONTHS

**lease extra.

LEASE PAYMENT

\$328*

BLU&P CASH

**lease extra.

THE ALL-NEW 2013 GLK 250 BlueTEC
4MATIC™. TOTAL PRICE: \$46,165**

FINANCE APR

0.9%

48 MONTHS

**lease extra.

LEASE APR

2.9%

48 MONTHS

**lease extra.

LEASE PAYMENT

\$448*

BLU&P CASH

**lease extra.



Mercedes-Benz

Performance Mercedes-Benz

Dealer of the Year 2012-2013 371 Ontario Street, St. Catharines | 905-685-3838 | 1-800-567-1101 | performancecedes.ca



© 2013 Mercedes-Benz Canada Inc. 2013 B 250/2013 C 300 sedans with Premium & Sport packages/2013 GLK 250 BlueTEC 4MATIC™ sedans shown. National MSRP \$39,000/\$41,540 (\$39,000), plus optional Premium Package valued at \$2,200 and optional Sport Package valued at \$1,200/\$4,560. **Total price of \$37,455/\$46,165 and down payment include freight/OT of up to \$2,075. Dealer rebate for all 2013 all-inclusive key of \$100. MSRP, taxes, license, insurance of \$25.00, PDI up to \$200 and 0.00/0.00 fee of \$5. *Lease extra based on the 2013 B 250/2013 C 300 4MATIC™ No Charge Premium & Sport Package/2013 GLK 250 BlueTEC 4MATIC™ available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$298/\$328/\$448 per month for 48/60/60 months. Down payment of \$2,100/\$2,605/\$3,141 plus security deposit of \$200/\$400/\$500 and applicable sales tax at lease inception. MSRP starting at \$23,900/\$23,540/\$28,100. Total discount of \$4,900 on the C 300 4MATIC™ Sedan, leased \$1,200 applied to Sport Package, \$2,200 applied to Premium Package, with balance of \$400 applied to down payment. Lease APR of 0.9%/1.9%/2.9% applies. Total obligation is \$/3,728/\$4,145/\$4,935. \$10,000 km/year allowance (\$420/km for excess kilometers applied). Finance example is based on a 60-month term with a finance APR of 0.9% and an MSRP of \$39,000/\$41,540/\$45,200. Monthly payment is \$/298/\$328/\$448. Monthly payment is \$/298/\$328/\$448. Vehicle license, insurance, and registration are extra. Dealer may issue or finance for less. Offers may change without notice and cannot be combined with any other offers. See Performance Mercedes-Benz for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0300. Offer ends July 31, 2013.

datebook

**FRIDAY
JULY 26**
QUIDDITCH MATCH
at Wainfleet Township Public Library
from 2 p.m. to 3:30 p.m. To celebrate
Harry Potter's birthday, we will be

having our 6th annual Quidditch match (weather permitting). Slytherin vs. Gryffindor. For children aged six and up. Please pre-register by calling 905-899-1277 for July 24. Wear running shoes and sunscreen. Bring a broom, hat and water.

**MONDAY
JULY 29**
SIGNING
with Lisa Green at Port Colborne

Public Library. Children aged two to eight will have fun learning sign language basics through song and games. 1 p.m. to 2 p.m. Free, with a food donation for Port Cares Reach Out Centre. Pre-register.

**WEDNESDAY
JULY 31**
CASTLEMOON THEATRE
presents *The Paper Bag Princess*. Join talented puppeteer Carrie Costello as

she performs this beloved Robert Munsch story. Included is a make-and-take puppet. Starts 1 p.m. at Pelham Public Library. Cost \$4. Register ahead.

EXPLORER TOTS
at Port Colborne Public Library for ages two to four with parent/care-giver. Stories, crafts and games. 10:30 a.m. to 11:15 a.m. Cost is \$1 per class. Pre-register.

**SUNDAY
AUGUST 4**
BALL'S FALLS HIKES
Ball's Falls volunteers will be providing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ballsfalls.ca or call 905-562-5235.

**MONDAY
AUGUST 5**
NIAGARA BEEKEEPERS
Association meets at the Niagara Regional Police Service community room, 5 Lincoln St., Welland, at 7 p.m.

**TUESDAY
AUGUST 6**
GEOCACHING 101
A real-world outdoor treasure hunt. There are more than two million geocaches worldwide which can be found using a smartphone or GPS. Facilitator Judy Minor will get us started in this environmentally-friendly outdoor

recreational activity for all ages. Explore the area around the library as we search for Pelham Public Library's first cache along with some "fake" caches: 6 p.m. to 8 p.m. Adults \$3, children and teens \$1. Please register ahead.

**FRIDAY
AUGUST 9**
LEGO
at Wainfleet Township Public Library from 2:30 p.m. to 3:30 p.m. Children of all ages can drop-in to build a Lego or Duplo creation. Please do not bring your own Lego blocks.

**SUNDAY
AUGUST 11**
OUR LADY OF HUNGARY
is hosting its annual Bucsu Lunch at 12:30 p.m. at the Hungarian Hall, Helmers Ave., Welland. Menu: Chicken soup, cabbage rolls, breaded chicken, roasted potatoes, lettuce salad, dessert, coffee/tea. For tickets/reservations call: Les Ujfalussy at 905-892-6407, Rudy Ragatz at 905-734-3880 or Frank Biro at 905-732-7336.

BALL'S FALLS HIKES
Niagara Bruce Trail Club will be providing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ballsfalls.ca or call 905-562-5235.

MORE LISTINGS PAGE 13

PORTAL VILLAGE PLAZA

Killaly St. W. & Steele St
PORT COLBORNE



*Optical
Specials*

LENS SPECIALS SAVE
2ND SET OF LENSES **30% off**
FRAMES FROM **\$50.00** **20% off**

Personalized Service

**SMITH
OPTICAL**

905-835-6607

482 STEELE ST., PORT COLBORNE

**It's
really
great
to hear
again!**



HEARING AIDS

HEARING AIDS
AT AFFORDABLE
PRICES FROM

\$495.00

PER AID
AFTER GRANT APPLIED

Personalized Service
Book your hearing
Test Today!

**SMITH
OPTICAL AND HEARING**
482 STEELE ST. PORT COLBORNE

905-835-6607



EYE EXAMS
OPTOMETRIST at
Portal Village Plaza
905-834-0532
482 STEELE ST. PORT COLBORNE



SOUTH NIAGARA ROWING CLUB

Meet New Friends • Get Fit

• Have Fun

SUMMER YOUTH ROWING CAMP – Session #2

(Boys & Girls ages 12-15)

Dates: Aug 12-Aug 30, Monday to Friday

9:00am-Noon

Cost: \$160 (incl. HST)

**New Rowers
are always
welcome!**

TRAIN TO TRAIN

Dates: Aug 12-Aug 30, Mondays, Wednesdays & Fridays

6:00pm-8:00pm

Cost: \$150 (incl. HST)

ADULT RECREATIONAL LEAGUE

Both Beginners & Experienced Rowers are Welcome to Join

Dates: Aug 13-Aug 29, Tuesdays & Thursdays

6:00 pm to 8:30 pm

Cost: \$120 (incl. HST)

Registration: July 29- Aug 2 daily from 9:00 am-6:00 pm

Where: at the SNRC Portable, 270 Colborne St., Welland

(Across the canal from the former John Deere Plant)

For more information please visit our website at:
www.southniagararowingclub.ca or Contact us at (905)-734-7815
or info@southniagararowingclub.ca

datebook



MONDAY AUGUST 12

ALBUM MAKING
with Amanda and Kelly all week long at Port Colborne Public Library. For kids eight and older. Bring 24 photos and make a beautiful Creative Moments album. Five classes only, \$65, materials supplied, 1 p.m. to 3 p.m. Pre-register and choose colours by July 31.

WEDNESDAY AUGUST 14

EXPLORER TOTS
at Port Colborne Public Library for ages two to four with parent/caregiver. Stories, crafts and games, 10:30 a.m. to 11:15 a.m. Cost is \$1 per class. Pre-register.

FRIDAY AUGUST 16

LEGO
at Wainfleet Township Public Library from 2:30 p.m. to 3:30 p.m. Children of all ages can drop-in to build a Lego or Duplo creation. Please do not bring your own Lego blocks.

SUNDAY AUGUST 18

BALL'S FALLS HIKES
Ball's Falls volunteers will be provid-

ing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ballsfalls.ca or call 905-562-5235.

FRIDAY AUGUST 23

LEGO
at Wainfleet Township Public Library from 2:30 p.m. to 3:30 p.m. Children of all ages can drop-in to build a Lego or Duplo creation. Please do not bring your own Lego blocks.

SUNDAY AUGUST 25

MS BIKE TOUR
In this my ninth year to raise funds to help our son who has MS, I've registered for the MS Bike Tour to fulfil a personal challenge, and to help the MS Society fund research, advocate for change and help people with MS and their families. I, Larry Peyton, am part of the MS Bike Tour because I believe in a future without multiple sclerosis - and with your help we can get there. Please give generously. Visit msbiketours.com.

MORE LISTINGS PAGE 16

We'll give you something to SMILE about!

- Full & Part-time Services • Emergencies & House Calls
- Free Consultation • Upper & Lower Dentures
- Same Day Repair & Online Service Available

188-A West St. Port Colborne
Norbert Gieger » 905.835-2155

WHISKY RUN
Golf Club

27 HOLES
631 Lorraine Road
Port Colborne, ON

"Niagara's Friendliest Golf Course"

CALL FOR THE TIMES

905-835-6864
877-835-6868

Valid 2013 season
www.whiskyrun.com

GET A 2 FOR 1 BEVERAGE WITH THIS COUPON

ENJOY A NIGHT OUT

Subscribe to 26 weeks of Daily Home Delivery of the Welland Tribune for \$99.75 and receive a CINEPLEX NIGHT OUT CERTIFICATE.

on us!

(2 GENERAL ADMISSIONS - 2 REGULAR FOUNTAIN DRINKS - 1 REGULAR POPCORN - VALUE \$42.37)

THAT'S LIKE ONLY

37¢

a day!

FOR 26 WEEKS OF DAILY HOME DELIVERY!

DON'T DELAY - CALL NOW

1-855-533-5594

QUOTE: NIGHTOUT

Certificates are not available for pick-up at the Welland Tribune.

*The offer price of this promotion is \$99.75 tax included. This offer is available to customers who have not had home delivery in the last 30 days. This offer must be pre-paid by credit card at time of order. This offer is not available in all delivery areas. This offer is not refundable. The Cineplex Night Out certificate is valid with a prepaid order. Please allow 5-8 weeks for mail delivery of your Cineplex certificate which are not available at your local newspaper office. No walk-in orders accepted, please call phone number provided above to take advantage of this special. GST#R9292 1433 RT0001. ©Cineplex Entertainment LP or used under license. The price per day includes the value of the Cineplex Night Out certificate and is based on the terms and delivery frequency of this promotion. Offer expires September 3, 2013.

**Save 50%,
no strings
attached!**

**frugal
fridays**



Carol's Cafe

\$25 Gift Card for \$12!

Hooters Niagara

\$20 Gift Card for \$10!

Chip N Charlies

\$25 Gift Card for \$12!

Chatters Mediterranean Eatery

\$20 Gift Card for \$10!



AVAILABLE ONLINE ONLY

SAVE ON AUGUST 2ND • 7am - 7pm
InportNews.ca/FrugalFridays

**Local
merchants.**



**frugal
fridays**

**Huge
savings.**

**No strings
attached.**

**EASTSIDE
MARIO'S
\$25
GIFT CARD
FOR
\$12!**

**FOUR
BROTHERS
RESTAURANT
\$25
GIFT CARD
FOR
\$12!**



AVAILABLE ONLINE ONLY

COMING AUGUST 2ND!

InportNews.ca/FrugalFridays

datebook

BALL'S FALLS HIKES
Niagara Bruce Trail Club will be providing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls

Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ball-falls.ca or call 905-562-5235.

MONDAY AUGUST 26 SIGNING
with Lisa Green at Port Colborne Public Library. Children aged two to eight will have fun learning sign language basics through song and games. 1

p.m. to 2 p.m. Free, with a food donation for Port Cares Reach Out Centre. Pre-register.

WEDNESDAY AUGUST 28 EXPLORER TOYS
at Port Colborne Public Library for ages two to four with parent/caregiver. Sto-

ries, crafts and games, 10:30 a.m. to 11:15 a.m. Cost is \$1 per class. Pre-register.

MONDAY SEPTEMBER 9 NIAGARA BEEKEEPERS
Association meets at the Niagara Regional Police Services community room, 5 Lincoln St., Welland, at 7 p.m.

NIAGARA DOGFEST

A festival for dogs and the people who love them



Saturday, July 27th, 9:30am - 4:30pm

MERRITON COMMUNITY CENTRE

7 Park Avenue, St. Catharines, Ontario

Vendors & Exhibitors * Charity BBQ * Door Prize Draws
Dog/Owner Look-A-Like AND My Dog Can Do That Contest
Free Goodie Bags (to the first 300 paid admissions)

ADMISSION \$5 - Kids under 12 FREE

www.niagaradogfest.com



Canada's Healthiest Choice For Pets



www.barksandrecreationniagara.com



Art Prints by Elinore de Wit

www.beckmanart.com



Ruffin's

PET NUTRITION
Healthier Pets. One Bowl At A Time



The Standard



AARON BOGGIO
R.Ph. B.Sc. PHM



Ask Our

Pharmacists

DRY SKIN

At this time of year patients are starting to complain about dry skin. Dry skin management often involves some trial and error of different products, but there are some general rules everyone can follow to help manage symptoms.

Dry skin occurs when oils in the skin are lost and water that is normally in the skin is able to escape. When bathing or showering it is important to use lukewarm water as opposed to hot water. Hot water can cause more oil to be lost from the skin and cause itching and dryness. Soap should be used only for the groin, underarms, and feet. Other moisturizing body washes can be used for the rest of the body. After showering or bathing apply a moisturizer to help retain some of the moisture from the shower.

There are many different types of moisturizers. Depending on the ingredients they have separate functions. Some ingredients can hydrate and soften the skin. Others provide a barrier to prevent water loss, and others help to draw water to the top layer of the skin. Depending on what combination of ingredients are used there are four classes of moisturizers. There are ointments, oils, creams, and lotions.

Examples of ointment moisturizers include Aquaphor, and Vaseline. These moisturizers can be greasy and only a small amount is needed. They would be useful for many people with very dry hands. They can be applied at night under cotton gloves.

An example of an oil moisturizer would be baby oil. Again, only a small amount is needed. It is not a good idea to add these to the bath because they can make the tub very slippery. As well they can cause yeast infections when added to bath water.

An example of a cream moisturizer would be Cetaphil moisturizing cream. Cream moisturizers are generally less greasy, and very gentle for sensitive skin. Cetaphil specializes in products that won't cause acne and are safe for people with allergies.

Lotions are the least greasy; however, they sometimes contain alcohol and can be drying. An example would be Nivea body lotion. Read the label on the back of the lotion. You may want to avoid those that contain alcohol.

In general, most moisturizers need to be applied several times throughout the day. Our cold dry climate leads to many complaints about dry skin. Luckily, there are many products on the market that can help even the worst sufferers. If you are not sure about what is right for you, you may need to ask for some professional advice.

BOGGIO PHARMACY

200 Catherine St., Port Colborne

905.834.3514

www.boggios.com

**ROSE CITY**

CHRYSLER-DODGE-JEEP-RAM

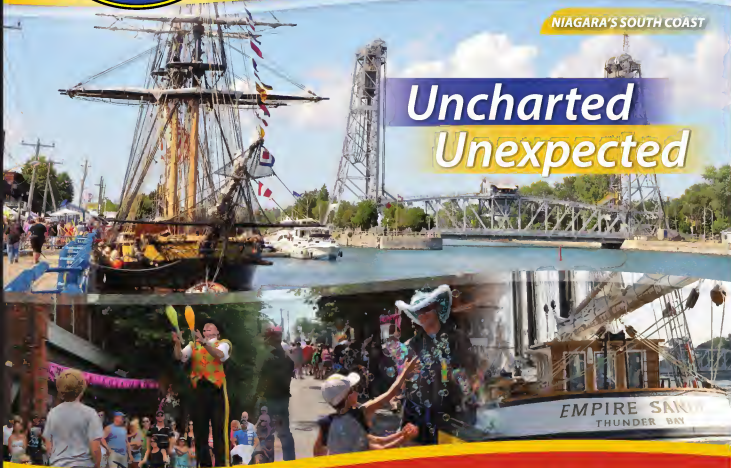
presents

Canal Days

Marine Heritage Festival

NIAGARA'S SOUTH COAST

Uncharted Unexpected



"LIKE" us on
[facebook.com/canaldays](https://www.facebook.com/canaldays)

Port Colborne

August 2 – August 5, 2013

www.CanalDays.ca

SPECIAL EVENT PULL OUT SPECIAL EVENT PULL OUT

PORT COLBORNE HISTORICAL AND MARINE MUSEUM

March on Over



All Inclusive trip for two - For one week
Aboard a Working Laker on the Great Lakes
Donated by Lower Lakes Towing Ltd.

For details on how to win contact - museum@portcolborne.ca

Canal Days" at the Museum is your destination for marine displays and photographs, as well as railway models. Enjoy the Great Lakes Model Boat Association power control boat show in action and the Niagara Power Association displays and demonstrations of everything from corn shucking to steam whistles. Watch artisans demonstrate blacksmithing, woodcarving, wool spinning, and rope ladder-making throughout the heritage village. Listen to some toe tapping live Celtic music performed by Against the Grain and Barley Brae all under a canopy of shade. Back by popular demand, Tara's School of Highland Dance will bring students to perform traditional Scottish dances. Visit with the 2nd Lincoln Militia re-enactors and print a free souvenir postcard using a heritage press. Enjoy a stuffed pork dinner cooked over a wood fire by Pig Roast Productions. Satisfy your taste buds with Crystal Beach Waffles and Suckers. Be sure to come on Saturday for the classic car show reunion. Don't forget that the museum is the only place where you can purchase your official Canal Day "T"-shirts.

- Port Colborne Historic Museum will host the Royal Ontario Museum's O'y's'ya'h ohdiwewagoh: "Through the Voices of Beads" exhibition which reveals the meaning expressed in Iroquois beadwork.
- Aboriginal Big Drum Group Ohnia:kara Aaron Bell the Ojibway Storyteller and the White Pine Dancers
- Arabella's Edwardian Tea Room - Fresh Baked Biscuits & Tea
- Skirmish by the 2nd Regiment of Lincoln Militia
- To & Fro: Cargo on the Go - Celebrating a Century of Shipping Heritage
- Kids Zone: Face painting, Heritage Dress-Up, Games, Scavenger Hunt, Story Time

Find a shady spot to enjoy good music, food and family fun during the 35th Annual Canal Days" at the Museum

280 King St., at Princess St.
Children under 12 and Members Free
Open Saturday & Sunday 11am-5pm
Saturday and Sunday admission only \$2.00

Friday:
12:00 - 5:00 pm Port Colborne Historical & Marine Museum.
Free Admission, 280 King St. at Princess St.
2:00 pm - 4:00 pm Edwardian Tea at Arabella's Tea Room

Saturday:
11:00 am - 5:00 pm Port Colborne Historical & Marine Museum - 280 King St. at Princess St. \$2 Admission. Children under 12 and Members free.
11:00 am - 5:00 pm Royal Ontario Museum Exhibit - O'y's'ya'h ohdiwewagoh: Through the Voices of Beads at Museum
11:00 am - 3:00 pm Classic Car Show at Museum
11:30 am - 4:30 pm Against the Grain perform Celtic Music at Museum
11:30 am - 12:00 pm Ohnia:kara Drum Group Perform at Museum
12:00 pm - 4:00 pm Edwardian Tea at Arabella's Tea Room
12:00 pm - 4:00 pm Remote Control Model Boat Show On the Hour at Museum
12:00 pm - 4:00 pm Story Time by the Library in the Hochelaga at Museum
12:00 pm - 2:00 pm Tara's School of Highland Dance Perform Scottish Dances at Museum
2:00 pm - 2:30 pm 2nd Lincoln Militia Skirmish at Museum

3:00 pm - 3:30 pm Ohnia:kara Drum Group Perform at Museum
4:00 pm - 4:30 pm Scavenger Hunt Draw

Sunday:
11:00 am - 5:00 pm Port Colborne Historical & Marine Museum - 280 King St. at Princess St. \$2 Admission. Children under 12 and Members free
11:00 am - 5:00 pm Royal Ontario Museum Exhibit - O'y's'ya'h ohdiwewagoh: Through the Voices of Beads at Museum
11:30 am - 4:30 pm Barley Brae Perform Celtic Music at Museum
11:30 am - 12:00 pm Aaron Bell the Ojibway Storyteller and the White Pine Dancers Perform at the Museum
12:00 pm - 4:00 pm Edwardian Tea at Arabella's Tea Room
12:00 pm - 4:00 pm Remote Control Model Boat Show On the Hour at Museum
12:00 pm - 4:00 pm Story Time by the Library in the Hochelaga at Museum
2:00 pm - 2:30 pm 2nd Lincoln Militia Skirmish at Museum
2:30 pm - 3:00 pm Town Crier 35th Annual Canal Days Cry & Presentation
3:00 pm - 3:30 pm Aaron Bell the Ojibway Storyteller and the White Pine Dancers Perform at Museum
4:00 pm - 4:30 pm Scavenger Hunt Draw

Monday:
12:00 - 5:00 pm Port Colborne Historical & Marine Museum.
Free Admission, 280 King St. at Princess St.
2:00 pm - 4:00 pm Edwardian Tea at Arabella's Tea Room



ROSE CITY PIZZERIA

PIZZA • SUBS • WINGS

OPEN : SUNDAY-THURSDAY 11AM-10PM
FRIDAY & SATURDAY 11AM-11PM

ENJOY... Great Food During Canal Days



Our Quality Makes All The Difference!

AWARD WINNING PIZZA



473 Thorold Rd. West Welland, Ontario
905-788-1441 or 905-735-6000

Take Out or Delivery

Is that heirloom Clock right only twice a day?

Dead watch battery?
Looking for a vintage timepiece?
Repairs to most make and models of Vintage and Antique clocks and watches, we do house calls!



Standard Time Watch and Clock Repairs

Authorized Bulova Clock Dealer, Trintec Canada & Harley Davidson Watch dealer.

162 B West St. Port Colborne • 289-836-8000

What's Inside

PORT COLBORNE HISTORICAL AND MARINE MUSEUM

March On Over02

Auction02

A Message from the Mayor03

Concert Listings04

TALLSHIPS SCHEDULE

Schooner Liana's Ransom

Cruise Tickets05

Empire Sandy Cruise Tickets05

Schedule of Events06-07

CCGS Limnos Quick Facts08

Ultimate Air Dogs Canada09

Marine Navigation Simulator10



A Message from the Mayor



It is with a great deal of community pride that I extend a warm welcome to you on behalf of the City of Port Colborne – by working together, our community offers you a vibrant, active and fun destination that ensures your visit is one that you will never forget.

It is a pleasure to present to you our 35th annual Canal Days – a celebration of our community's Marine Heritage along the shores of Niagara's South Coast during the height of summer.

This year we welcome the tall ships Liana's Ransom and Empire Sandy and the E.M. Cotter, a working fire boat. From Lock to Lake, the entire family will enjoy the flavours of Niagara along Historic West Street, an array of attractions and events at HH Knoll Park and Seaway Park and an exciting line up of entertainment within our Market Square.

The City of Port Colborne, within the beautiful Niagara Region has become an investment destination. Located at the southern terminus of the Welland Canal, where water meets road, rail and air, our location provides industry with the ability to reach their business targets. Therefore, not only is our community celebrating our past, but as well, we are celebrating our future as Niagara's Economic Gateway.

To our visitors, I thank you for celebrating with us.

Experience Port Colborne - Experience the sights and sounds of Niagara's South Coast!

Vance M. Badawey
Mayor

MARKET SQUARE CONCERTS

Live Bands on
the Market Stage

Canal Days concert series presented by:



97.7 HTZ-FM

FRIDAY

Doors
Open
7pm

TEA PARTY

Bleeker Ridge

Time
Giant97.7 HTZ-FM
CLASSIC ROCK

SATURDAY

Doors
Open
7pmPARTIES
GOODWYN
and
APRIL WINE
LIVE 2013Downchild
Blues Band

Hitt and the Poor Boys

SUNDAY

Afternoon Celtic Ceilidh

Liam
McGlashanTara
Murphy TrioSea Sick
SistersCaroline Keane
& Tom Delany

MONDAY

FESTIVAL CELEBRATION



The Caverners

HAPPY CANAL DAYS!

My staff and I look forward to serving you.

Constituency:
60 King Street
Unit 102
Welland, ON
L3B 6A4Tel: 905-788-2204
malcolm.allen.c1@parl.gc.ca
50 Chapel St. South Thorard
(Open Tuesdays)92 Charlotte Street Port Colborne, ON L3K 3E1
Tel: 905-834-3629
malcolm.allen.c1@parl.gc.ca

Parliament Hill

House of Commons
Ottawa, ON K1A 0A6
Tel: 613-995-0988 • Fax: 613-995-5245
malcolm.allen.c1@parl.gc.ca

Malcolm Allen M.P. WELLAND RIDING

Experience the Difference
Professionals Make...We do Custom Work & Binding
Residential & Commercial

Sales & Installation of

- Carpet • Vinyl • Laminate
- Ceramic Tile • Cork • Hardwood
- Area Rugs • Bamboo

FREE ESTIMATES

905-835-1243

427 Main Street East

PORT COLBORNE

We carry 1st quality vinyl & carpet remnants

Hours: Mon - Wed 9-5
Thu & Fri 9-6 • Sat 10-4

TALLSHIP SCHEDULES

Schooner Liana's Ransom Cruise Tickets

**35th Annual Canal Days Marine Heritage Festival
August 2 - August 4, 2013**

FRIDAY, AUGUST 2
Afternoon Cruise
Boarding: 1:30 p.m.
Sailing: 2:30 p.m.
Return: 5:30 p.m.
Price per person: \$20
MAX: 70 guests

Late Afternoon Cruise
Boarding: 3:30 p.m.
Sailing: 4:30 p.m.
Return: 5:30 p.m.
Price per person: \$20
MAX: 70 guests

Evening Cruise
Boarding: 6:30 p.m.
Sailing: 7:00 p.m.
Return: 8:00 p.m.
Price per person: \$20
MAX: 70 guests

SATURDAY, AUGUST 3
Morning Cruise
Boarding: 9:30 a.m.
Sailing: 10:30 a.m.
Return: 11:30 a.m.
Price per person: \$20
MAX: 70 guests

Noon Cruise
Boarding: 11:30 a.m.
Sailing: 1:30 p.m.
Return: 2:30 p.m.
Price per person: \$20
MAX: 70 guests

Afternoon Cruise
Boarding: 1:30 p.m.
Sailing: 2:30 p.m.
Return: 3:30 p.m.
Price per person: \$20
MAX: 70 guests

Late Afternoon Cruise
Boarding: 3:30 p.m.
Sailing: 4:30 p.m.
Return: 5:30 p.m.
Price per person: \$20
MAX: 70 guests

Evening Cruise
Boarding: 6:30 p.m.
Sailing: 7:00 p.m.
Return: 8:00 p.m.
Price per person: \$20
MAX: 70 guests

SUNDAY, AUGUST 4
Morning Cruise
Boarding: 9:30 a.m.
Sailing: 10:30 a.m.
Return: 11:30 a.m.
Price per person: \$20
MAX: 70 guests

Noon Cruise
Boarding: 11:30 a.m.
Sailing: 12:30 p.m.
Return: 1:30 p.m.
Price per person: \$20
MAX: 70 guests

Afternoon Cruise
Boarding: 1:30 p.m.
Sailing: 2:30 p.m.
Return: 3:30 p.m.
Price per person: \$20
MAX: 70 guests

Late Afternoon Cruise
Boarding: 3:30 p.m.
Sailing: 4:30 p.m.
Return: 5:30 p.m.
Price per person: \$20
MAX: 70 guests

Evening Cruise
Boarding: 6:30 p.m.
Sailing: 7:00 p.m.
Return: 8:00 p.m.
Price per person: \$20
MAX: 70 guests

Empire Sandy Cruise Tickets

**35th Annual Canal Days Marine Heritage Festival
August 1 - August 5, 2013**

THURSDAY, AUGUST 1
Cruise through the Locks
Boarding at Port Dalhousie:
9 a.m.
Sailing: 9:30 a.m.
Approximate arrival in Port Colborne: 6 p.m.
Price per person: ~~\$97.75~~
MAX: 150 guests

FRIDAY, AUGUST 2
Samuel Beckett Cruise
Boarding: 6:30 p.m.
Sailing: 7 p.m.
Return: 8 p.m.
Price per person: \$20
MAX: 275 guests

SATURDAY, AUGUST 3
Morning Cruise
Boarding: 10:30 a.m.
Sailing: 10:45 a.m.
Return: 12:45 p.m.
Price per person: \$20
MAX: 275 guests

Afternoon Cruise
Boarding: 1:45 p.m.
Sailing: 2 p.m.
Return: 4 p.m.
Price per person: \$20
MAX: 275 guests

Dinner Cruise
Boarding: 6:30 p.m.
Sailing: 7 p.m.
Return: 11 p.m.
Price per person: \$69.00
MAX: 230 guests

SUNDAY, AUGUST 4
Morning Cruise
Boarding: 10:30 a.m.
Sailing: 10:45 a.m.
Return: 12:45 p.m.
Price per person: \$20
MAX: 275 guests

Afternoon Cruise
Boarding: 1:45 p.m.
Sailing: 2 p.m.
Return: 4 p.m.
Price per person: \$20
MAX: 275 guests

Dinner Cruise
Boarding: 6:30 p.m.
Sailing: 7 p.m.
Return: 11 p.m.
Price per person: \$95.00
MAX: 230 guests

MONDAY, AUGUST 5
Morning Cruise
Boarding: 10:30 a.m.
Sailing: 10:45 a.m.
Return: 12:45 p.m.
Price per person: \$20
MAX: 275 guests

Afternoon Cruise
Boarding: 1:45 p.m.
Sailing: 2 p.m.
Return: 4 p.m.
Price per person: \$20
MAX: 275 guests



Stay in a beautiful home
right on the golf course
and enjoy a delicious
hot breakfast at the
BOOTLEGGER B&B



To book your golf getaway
or just the B&B please call

1-877-835-6868

or visit

www.whiskyrun.com

Enjoy a great escape at
Niagara's Friendliest Golf
Course. There are 27
Holes...3 Unique Nines.

Located near the shores of Lake
Erie. All Riding Carts have GPS
and our Rustic Clubhouse with 3
patios is the perfect spot to relax
after your round. Check out the
whole course at

www.whiskyrun.com

631 LORRAINE ROAD, PORT COLBORNE



**LICENSED
MECHANIC
ON DUTY!**

Professional Tire & Mechanical Service

TIRES to fit all types of vehicles with GREAT PRICES

FULL MECHANICAL SERVICE at a place you can trust

258 KILLALY ST. W. • PORT COLBORNE 835-8832 • www.murdochtire.com

2013 CANAL DAYS MARINE HERITAGE FESTIVAL

Schedule of Events

SAFETY NOTE:
Canal Days has a
strict **NO PETS** policy.
Please leave your animals at home.

FRIDAY

WEST STREET

- 12:00pm Retail Vendors, Exhibits, Taste of Canal Days Food Courts, Canal Days Golf Challenge hosted by Whisky Run
- 1:30pm **Afternoon Cruise Liana's Ransom** boarding begins
- 3:30pm **Late Afternoon Cruise Liana's Ransom** boarding begins
- 6:30pm **Evening Cruise Liana's Ransom** boarding begins
- 6:30pm **Sunset Cruise Empire Sandy** boarding begins

MIDWAY

- 5:00pm Princess Street **Midway Rides** and amusements

H.H. KNOLL PARK

- 6:00pm **Water Pistol Bash**, help us break the Guinness World Record for the largest water pistol event

MUSEUM

- 12:00–5:00pm **Port Colborne Historical & Marine Museum**. Free Admission, 280 King St. at Princess St.
- 2:00pm–4:00pm **Edwardian Tea** at Arabella's Tea Room

MARKET SQUARE

- 7:00am **Canal Days Farmer's Market** at Market Square
- 7:00pm Live at Market Square **The Tea Party** with **Bleeker Ridge & Time Giant** presented by 97.7 HTZ FM – All ages, family friendly concert area, outside chairs permitted, donations accepted at gate, Bar sales until 12:00am, Wrist band policy in effect
- 12:30am Market Square closes

SATURDAY

GENERAL EVENTS

- 9:00am–10:30am **Breakfast at Friends** Over 55 Senior Centre, 554 Fielden Ave., 55 members, \$6 non-members, everyone welcome
- 12:00pm–6:00pm **Canal Days Buskers** at various locations

H.H. KNOLL PARK

- 8:00am **Canal Days Kids Fun Run**, registration begins at 7:00am, Hawaiian theme, prizes for best costumes and more, **NO RACE DAY** REGISTRATION, please register on line prior to the day of the race
- 8:30am **Canal Days 5km Run**, registration begins at 7:00am, Hawaiian theme, prizes for best costumes and more, **NO RACE DAY** REGISTRATION, please register on line prior to the day of the race
- 10:00am–10:00pm **Canal Days Kite Festival**, free admission, Single Line, dial line, quad line and Sport Kite Field
- 2:00pm **Canal Days Kite Festival Grand Ascension of Kites**
- 4:30pm–10:00pm **Canal Days Kite Festival Night–Fly**

WEST STREET

- 9:30 a.m. **Morning Cruise Liana's Ransom** boarding begins
- 10:00am Retail Vendors, Exhibits, Taste of Canal Days Food Courts, Canal Days Golf Challenge hosted by Whisky Run
- 10:30am **Morning Cruise Empire Sandy** boarding begins at 10:45am. \$20 per person
- 11:00am **Fireboat EM Cotter** arrives on West Street
- 11:30am **Noon Cruise Liana's Ransom** boarding begins
- 1:30pm **Afternoon Cruise Liana's Ransom** boarding begins
- 1:45pm **Afternoon Cruise Empire Sandy** boarding at 2:00pm. \$20 per person
- 3:30pm **Late Afternoon Cruise Liana's Ransom** boarding begins
- 6:30pm **Evening Cruise Liana's Ransom** boarding begins
- 6:30pm **Dinner Cruise Empire Sandy** boarding at 7:00pm. \$69.00 per person

MIDWAY

- 10:00am Princess Street **Midway Rides** and amusements

VALE HEALTH AND WELLNESS CENTRE

- 10:00am–5:00pm **Canal Days Craft Show**. Approximately 60 juried crafters. Admission is free

CHILDREN'S AREA

- 11:00am–6:00pm **Children's Area** opens at Seaway Park, colouring, inflatables and toddler play area
- 11:00am–6:00pm FREE Wattman **Children's Train rides** at Bridge 21
- 11:00am–2:00pm FREE **Fairy Faces Face Painting**
- 1:00pm–4:00pm Port Colborne/Welland & District Shrine Club hosting **clowns and balloon animals**

MUSEUM

- 11:00am–5:00pm **Port Colborne Historical & Marine Museum**–280 King St. at Princess St. \$2 Admission. Children under 12 and Members free
- 11:00am–5:00pm **Royal Ontario Museum Exhibit**–O'y ya'h ohdiwenagoh: Through the Voices of Beads at Museum
- 11:00am–3:00pm **Classic Car Show** at Museum
- 11:30am–4:30pm **Against the Grain** perform Celtic Music at Museum
- 11:30am–12:00pm **Ohnia-kara Drum Group** Perform at Museum
- 12:00pm–4:00pm **Edwardian Tea** at Arabella's Tea Room
- 12:00pm–4:00pm **Remote Control Model Boat Show** On the Hour at Museum
- 12:00pm–4:00pm **Story Time** by the Library in the Hochelaga at Museum
- 12:00pm–2:00pm **Tara's School of Highland Dance** Perform Scottish Dances at Museum
- 2:00pm–2:30pm **2nd Lincoln Militia Skirmish**
- 3:00pm–3:30pm **Ohnia-kara Drum Group** Perform at Museum
- 4:00pm–4:30pm **Scavenger Hunt** draw

ROSELAWN CENTRE

- 11:00pm–4:00pm Roselawn Centre presents **Garden Swing Jazz** on the lawn with **The Toronto All Star Big Band**, 296 Fielden Ave at Carter St., Licensed, Food available

MARKET SQUARE

- 6:30pm Live at Market Square. **April Wine** with **Downchild Blues Band** and **Rich & The Poor Boys** presented by GIANT FM. All ages, donations accepted at the gates, family friendly concert area, outside chairs permitted. Bar sales until 12:00am, Wrist band policy in effect
- 12:30am Market Square Closes

SUNDAY

GENERAL EVENTS

8:00am **Canal Days Mountain Bike Race** Registration at City Tavern. Presented by Shorthills Cycling Club, cdmbr.com

10:00am **Canal Days Mountain Bike Race** Begins

12:00pm–6:00pm... **Canal Days Buskers** at various locations

H.H. KNOLL PARK

8:00am–4:00pm... **Canal Days Car Show**, Free Registration and Admission, Food Donations accepted, Dash plaques for the first 400 cars, Over 50 trophies and special awards, Food vendors and Live Entertainment by **50's in Colour**

VALE HEALTH AND WELLNESS CENTRE

10:00am **Canal Days Craft Show**. Approximately 60 juried crafters. Admission is free (to 5pm)

WEST STREET

9:30 a.m. **Morning Cruise Liana's Ransom** boarding begins

10:00am West Street Retail Vendors, Exhibits, Taste of Canal Days Food Courts, First Nations Exhibits

10:30am **Morning Cruise Empire Sandy** boarding begins at 10:45am. \$20 per person

11:30 a.m. **Noon Cruise Liana's Ransom** boarding begins

1:00pm **Canal Days Wine & Beer Garden** opens, ID required. 19+ venue

1:30pm **Afternoon Cruise Liana's Ransom** boarding begins

1:45pm **Afternoon Cruise Empire Sandy** boarding at 2:00pm. \$20 per person

3:30pm **Late Afternoon Cruise Liana's Ransom** boarding begins

5:30pm **Fireworks Dinner Cruise Empire Sandy** boarding at 6:00pm sail. \$95.00 per person

6:30pm **Evening Cruise Liana's Ransom** boarding begins

6:30pm **Canal Days Wine & Beer Garden** closes

7:30pm–10:30pm... **Canal Days Wine & Beer Garden** opens, ID required. 19+ venue. Entry donation of \$5 required for Fireworks Spectacular; first come, first served

9:15pm **Boat Parade of Lights** along the Welland Canal

10:00pm **Canal Days Fireworks Spectacular** over the Welland Canal. Presented by Rankin Construction

MONDAY

GENERAL EVENTS

12:00pm–4:00pm... **Canal Days Buskers** at various locations

WEST STREET

10:00am Retail Vendors, Exhibits, Taste of Canal Days Food Courts

10:30am **Morning Cruise Empire Sandy** boarding at 10:45am. \$20 per person

1:45pm **Afternoon Cruise Empire Sandy** boarding begins at 2:00pm. \$20 per person

3:00pm **Port Colborne Museum & Port Colborne & District Conservation Club Duck Race** on the Welland Canal, West St. at Charlotte St.

MIDWAY

10:00am Princess Street **Midway Rides** and amusements

MUSEUM

12:00–5:00pm **Port Colborne Historical & Marine Museum**. Free Admission, 280 King St. at Princess St.

2:00pm–4:00pm... **Edwardian Tea** at Arabella's Tea Room

MIDWAY

10:00am Princess Street **Midway Rides** and amusements

CHILDREN'S AREA

11:00am–6:00pm... **Children's Area** opens at Seaway Park, colouring, inflatables and toddler play area

11:00am–6:00pm... FREE **Wattman Children's Train rides** at Bridge 21

11:00am–2:00pm... FREE **Fairy Faces Face Painting**

1:00pm–4:00pm... Port Colborne/Welland & District Shrine Club hosting **clowns and balloon animals**

MUSEUM

11:00am–5:00pm... **Port Colborne Historical & Marine Museum**—280 King St. at Princess St. \$2 Admission. Children under 12 and Members free

11:00am–5:00pm... **Royal Ontario Museum Exhibit**—O'y ya'h ohdiwena goh: Through the Voices of Beads at Museum

11:30am–4:30pm... **Barley Brae** Perform Celtic Music at Museum

11:30am–12:00... **Aaron Bell the Ojibway Storyteller** and the White Pine Dancers Perform at the Museum

12:00pm–4:00pm... **Edwardian Tea** at Arabella's Tea Room

12:00pm–4:00pm... **Remote Control Model Boat Show** On the Hour at Museum

12:00pm–4:00pm... **Story Time** by the Library in the Hochelaga at Museum

2:00pm–2:30pm... **2nd Lincoln Militia Skirmish** at Museum

2:30pm–3:00pm... **Town Crier** 35th Annual Canal Days Cry & Presentation

3:00pm–3:30... **Aaron Bell the Ojibway Storyteller** and the White Pine Dancers Perform at Museum

4:00pm–4:30pm... **Scavenger Hunt** Draw

MARKET SQUARE

12:00pm Live at the Market Square **Canal Days Afternoon Celtic Ceilidh** presented by Rose City Chrysler, featuring the **Liam McGlashan Kitchen Party Band, Tara Dunphy Trio**, From Ireland **Caroline Keane & Tom Delaney** and **The Seasick Sailors**. All ages, family friendly concert area, outside chairs and strollers welcome, donations accepted at gate, Bar sales until 5:00pm, Wrist band policy in effect

6:00pm Market Square Closes

CHILDREN'S AREA

11:00am–4:00pm... **Children's Area** opens at Seaway Park, colouring, inflatables, and toddler play area

12:00pm–4:00pm... FREE **Wattman Children's Train rides** at Bridge 21

11:00am–2:00pm... FREE **Fairy Faces Face Painting**

1:00pm–4:00pm... Port Colborne/Welland & District Shrine Club hosting **clowns and balloon animals**

MARKET SQUARE

12:00pm Live at Market Square, **The Caverners** with **Sister Act** and, **Port Colborne Lions Club Car Giveaway**, outside chairs and strollers welcome, donations accepted at gate, all ages, Bar sales until 5:00pm, Wrist band policy in effect

5:30pm Market Square Closes

6:00pm **Canal Days 2013 Closes**

CCGS Limnos Quick Facts

CCGS Limnos is an excellent vessel for tours. I hope to attend this year's event; it is such an enjoyable experience. If you could please allow us to review your CCG-related content before you publish, we'd really appreciate it. Best Regards, Carol

From its home port of Burlington Ontario, CCGS Limnos makes a valuable contribution to the research and monitoring of the Great Lakes. Taking its name from limnology, the study of inland waters, CCGS Limnos supports scientific research undertaken by the Department of Fisheries and Oceans and Environment Canada on the impact of invasive species on ecosystems, nutrient enrichment, and toxic chemicals management.

Vessel Type: Hydrographic Survey Vessel
Port of Registry: Ottawa
Region: Central Arctic
Home Port: Burlington, ON, Canada
Call Sign: CG2350

Year Built: 1968
Material: Steel
Builder: Port Weller Drydock Ltd., St. Catharines, ON
Modernized: 2010
Class of Voyage: Inland Waters I
Ice Class: 900 A1 Ice Class I

MARPOL: 1
IMO: 6804903
Officers: 6
Crew: 8
Total: 14
Crewing Regime: Conventional
Available Berths: 16



HARVEY'S HOME OF CANADA'S BEST TASTING BURGER



Welcome Canal Days Port Thrift Shop

"Where every purchase is a gift to the world"
 Non-profit • Registered charity.

Offering good quality affordable items for sale

Unique items on open book Auction.

12 Charlotte St., Downtown Port Colborne
 905-835-8532

575 MAIN ST. W.
 AT HWY. #58

Ultimate Air Dogs Canada

ULTIMATE AIR DOGS CANADA remains Canada's first and only 100% Canadian owned and operated dock jumping organization and produces professional shows that exhilarate the audiences while maintaining a family-friendly atmosphere.

Ultimate Air Dogs Canada launched in March of 2012 and after just one season soared to the top of the Canadian canine aquatic world simply because of our ability to make every participant, competitor, spectator and host feel important! Our mission is to provide the highest standard of professionalism and integrity at all events while incorporating responsible dog ownership into our programs and to treat all dogs and humans with respect and to celebrate the special bond shared between both dog and owner.

Ultimate Air Dogs Canada provides a clean wholesome family-oriented environment that is fun for everyone, both human and canine and we recognize and encourage the smallest novice jumpers to the big-

gest Ultimate Jumper, all breeds (mix or purebred), all sizes (Yorkies to Great Danes)...as long as they can swim. Your dog doesn't have to jump 20 feet to get a ribbon, Ultimate Air Dogs Canada offers divisional finals.

Ultimate Air Dogs Canada donates a portion of the proceeds generated by every event to an animal charity as part of our corporate commitment in support of funding these valuable organizations.

So bring your dog out to Seaway Park on Saturday August 3 or Sunday August 4 to experience the fun and excitement of Ultimate Air Dogs Canada.

ULTIMATE AIR DOGS CANADA

Canal Days Marine Heritage Festival
Port Colborne, ON, August 3 & 4, 2013



Canine Performance Canada Inc.



www.ultimateairdogscanada.ca



Canal Days Marine Heritage Festival

August 3rd & 4th, 2013
Port Colborne, Ontario

UADC DOCK JUMPING SCHEDULE*

SATURDAY AUGUST 3RD

8:00 am - 9:00 am	Check In / Practice
9:00 am - 10:30 am	Splash #1
10:30 am - 11:30 am	Check In / Practice
11:30 am - 12:00 pm	Catch-It
12:00 pm - 1:00 pm	Check In / Practice
1:00 pm - 2:30 pm	Splash #2
2:30 pm - 3:30 pm	Check In / Practice
3:30 pm - 5:00 pm	Splash #3

SUNDAY AUGUST 4TH

8:00 am - 9:00 am	Check In / Practice
9:00 am - 10:30 am	Splash #4
10:30 am - 11:30 am	Check In / Practice
12:00 pm - 12:30 pm	Fetch-It
12:30 pm - 1:30 pm	Check In / Practice
1:30 pm - 3:00 pm	Splash #5
3:00 pm - 4:00 pm	Check In / Practice
4:00 pm	FINALS

*Schedule subject to change

Opening 2013

The New Home of

ROSE CITY

Jeep RAM

916 Niagara Street | Welland



Rose City Chrysler Builds New Home

Our New Home is currently under construction at 916 Niagara Street in Welland, right in the heart of Welland's retail core!

Close to the 405, The Seaway Mall, The "Big Box" Stores, banks, restaurants and grocery stores, our new location will be more convenient to shoppers, new clients and most importantly, our Loyal Customers!

As you can see from the rendering it will be a state of the art facility, allowing our team of Automotive Sales and Service Professionals to serve you better. The big move from our current location at 435 Prince Charles Dr. S. should happen by Thanksgiving this year!

The really big news is that we will also welcome a new addition to the Rose City Family once we move in! We are very excited to say that... FIAT COMES TO ROSE CITY CHRYSLER AT OUR NEW LOCATION THIS FALL!!



RoseCityChrysler.com • (905) 788-2035



BEST
MANAGED
COMPANIES

GEORGIAN

GREAT LAKES INTERNATIONAL
MARINE TRAINING AND
RESEARCH CENTRE

Marine Navigation Simulator - your chance to command a Great Lakes ship.

Algoma is a leading Canadian shipping company, owning and operating the largest Canadian flag fleet of dry-bulk carriers and product tankers operating on the Great Lakes - St. Lawrence Waterway.

Algoma Central Corporation and Georgian College will attend the Canal Days celebration at Port Colborne, Ontario from August 2nd to August 5th.

A highlight of the Event will be a demonstration of a navigation bridge simulator and an engine room simulator.

The simulators will be open to the public at
118 West Street

HOURS OF OPERATION:

Friday 12:00pm - 8:00pm

Saturday 10:00am - 6:00pm

Sunday 10:00am - 6:00pm

Monday 10:00am - 6:00pm



@27steakhouse



• Steaks • Pastas • Seafood

NIAGARA'S BEST STEAKS!!!

Savour the Experience
New Spring/Summer Menu
3 Course Dinners \$19.95
Wed - Fri 5:00 - 5:30

27 MAIN STREET WEST
PORT COLBORNE

LUNCH: Tuesday - Friday 11:30 a.m.

DINNER: Wednesday - Saturday 5:00 p.m.

905.835.2700 | www.althentwseven.com



Twisted

Small Plates Bistro

TWISTED IS NIAGARA'S FIRST SMALL PLATES RESTAURANT OFFERING TAPAS STYLE EATING.

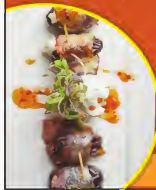
Unlike other Restaurants that offer smaller portions of their regular menu's, Twisted offers Original fresh made flavourful dishes to tantalize and satisfy.

New Incredible
Menu Items
Now open for
lunch Wed - Fri

Enjoy
your dining
experience
with us!

LUNCH:
Wednesday - Friday 11:30 - 1:30
DINNER:
Wednesday - Saturday 5:00pm
www.twistedbistro.com

375 King St. Port Colborne
289-836-9111



For An Old Fashioned Good Time, Come Visit



Circa 1883

25th ANNUAL MARSHVILLE Heritage Festival

Labour Day Weekend

August 31st, September 1st and 2nd

SATURDAY SUNDAY MONDAY

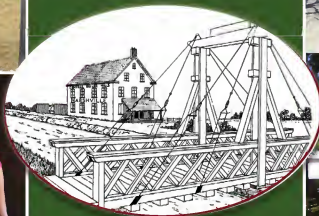
10am to 5pm 10am to 5pm 10am to 5pm

Seniors 65+ - \$5 on Saturday Only
Adults: \$6 - Children Under 10 Free



WAINFLEET VILLAGE SPORTS COMPLEX

Hwy #3 West,
Minutes from Port
Colborne



www.marshvilleheritagefestival.ca



WINNER
ULTIMATE FISHING
TOWN 2013



PORT COLBORNE
Niagara's South Coast

1.888.PORT.FUN • PortColborne.ca

Port Colborne Visitor Information Centre
Humberstone Hall, Hwy. 3, 76 Main Street West
Port Colborne, ON L3K 3V2
905.834.5722



■ **HOT TIME:** Port Colborne firefighters feel the heat

Minor fire likely sparked by reno work

DAVE JOHNSON
InPort News Staff

PORT COLBORNE — A hot ember or hot nailhead may have sparked a small fire in a home undergoing renovations last week.

Port Colborne Fire and Emergency Services was called to 58 Omer Ave., east of Elm St., just before 5 p.m. for the report of a structure fire.

Fire Chief Tom Cartwright said everyone was out of the home when firefighters arrived, including two men, one who was the homeowner, a woman and two small children.

Cartwright said the fire service was told the men were grinding off nailheads when an ember or a nailhead itself started the fire.

"It extended up the walls and ceiling into the second floor. The homeowner had a garden hose and gave the fire a shot (of water) before we got there. It

slowed the fire up."

Firefighters, in full bunker gear, went into the home and on to the roof. They quickly knocked down the fire and checked the walls and attic for any extension.

With outside temperatures in the 30s, Cartwright said it was a "dirty, hot day that was hard on the firefighters."

Bottles of water were passed around to each firefighter as they came outside the home and to those on standby at the scene as well.

Cartwright was going to investigate the fire and had no damage estimate as he had yet to enter the home.

Niagara Regional Police blocked off Omer Ave. at both ends and Niagara EMS paramedics were also on scene on standby.

dave.johnson@sunmedia.ca
Twitter: DaveJTheTribune



Staff photo

A firefighter is cooled down while fighting a minor fire on Omer Ave. on a hot day.



nofrills

lower food prices

WON'T BE BEAT®

If you find a cheaper price, simply show us and we will match.

See Store For Details

July 26th - August 1st, 2013



FRESH STRAWBERRIES

Product of U.S.A.
No. 1 Grade

\$2.88

2LB PKG.



SWEET CORN

Product of CANADA/USA

6/\$1.88

Brent & Jenny's | 53 West Side Rd.
NoFrills | Port Colborne



M&M Meat Shops is celebrating
27 YEARS in the Niagara Region!



6 OZ BACON WRAPPED BEEF FILET MIGNONS

4 STEAKS

4 x 170 g/6 oz

Or try our

4 oz Bacon Wrapped
Beef Filet Mignons
6 STEAKS
6 x 113 g/4 oz
Reg. Price 20.99...
MAX 15.99

*Cut from government
inspected Ungraded beef.*

**4 STEAKS
FOR ONLY**
15⁹⁹ MAX
SAVE \$6

**ONLY \$4
PER STEAK**



GARLIC SHRIMP

9-12 SHRIMP
340 g/12 oz

8⁹⁹ MAX
save \$4

Also try our:
Barbecue Shrimp
9-12 SHRIMP 340 g/12 oz
Reg. Price 12.99... **MAX 8.99**



OUR #1 SELLING BURGER!

3 DAYS ONLY

STARTS **26** MONDAY
ENDS **27** TUESDAY
THRU **28** WEDNESDAY

SIRLOIN BEEF BURGERS



9⁹⁹ SAVE \$4

**12
BURGERS**

12 x 113 g/4oz
**LIMIT 3 PER
CUSTOMER**

FULLY COOKED JUMBO CRISPY CHICKEN WINGS

907 g/2 lb

9⁹⁹ MAX
save \$6

Choose from:
• Original (14-18 PIECES) • Buffalo (14-20 PIECES)



Buffalo



Attention Seniors 60 and over...
**EVERY TUESDAY
IS SENIORS' DAY**

RECEIVE 5% OFF YOUR PURCHASE

DOUBLE YOUR DISCOUNT!

Receive 10% OFF when you purchase more than \$30.
Valid proof of age required. Portions of Gift Cards and taxes excluded.
Not to be used in conjunction with any other offer.

24 HOUR
eorder
www.mmmeatshops.com

Save time – place your order
online, 24 hours a day!
YOU ORDER IT. WE PACK IT. YOU PICK IT UP.

MARINATED KABOBS

Seawall Park

Choose from:

- Teriyaki Beef
- Barbecue Chicken
- Seawall Park

142 g's or
Sold Individually
Individual Sale 2.49

**BUY 4 OR MORE
FOR ONLY**
1⁷⁹
each
MAX
save \$1.20
each

Best Price of the Summer!

Boneless Rib Steak

• Excellent marbling lends this steak with flavour and marvellous texture

387 g's or
Sold Individually

Cut from
government inspected
Canada AAA Grade Beef.

11⁹⁹
each
save \$1



Chateaubriand

• Tenderloin is vacuum aged for 10 days to ensure maximum flavour and tenderness

387 g's or
Cut from

government inspected
Upgraded Beef.

12⁹⁹
each
save \$1



8 oz Top Sirloin Steak

227 g's or
Sold Individually
Cut from
government inspected
Canada AAA Grade Beef

5⁹⁹
each
MAX
save \$1



"Fall Off the Bone" Pork Back Ribs

• Barbecue
• Original
680 g's 1.5 lb

10⁹⁹
each
MAX
save \$3



Original

Boneless Chicken Breasts Seasoned & Skinless

• Consistently plump
and juicy

8-12 PORTIONS
1.36 kg's lb

15⁹⁹
each
save \$4



"Jail Island"[®] Salmon

• Exquisite flavour and
premium quality

142 g's or
Sold Individually

4⁴⁹
each
MAX
save 50%



3 DAYS ONLY!

JULY 26 TO JULY 28, 2013

RECEIVE A FREE 500 mL CONTAINER OF ICE CREAM WITH A MINIMUM \$27 PURCHASE.

Present this coupon with a minimum \$27 purchase (including Gift Cards) and receive a FREE container of Ice Cream. Limit one FREE container of Ice Cream per family purchase. Valid between July 26-July 28, 2013. Offer not to be used with any other offer. Offer available while quantities last. Valid at the Niagara area location only.



M&M's

Premium Ice Cream 500 mL - Choose from 6 varieties - Regular Retail Value \$3.49

Present this coupon with a minimum \$27 purchase (including Gift Cards) and receive a FREE container of Ice Cream. Limit one FREE container of Ice Cream per family purchase. Valid between July 26-July 28, 2013. Offer not to be used with any other offer. Offer available while quantities last. Valid at the Niagara area location only.

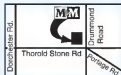
Come and meet your local franchisees at a location near you!



Franchisees's Bob & Cheryl Landry



GRIMSBY
30 Main St. E.
905-945-9400
(at Kingsway Blvd.)



NIAGARA FALLS
6225 Thorold Stone Rd.
905-354-0186
(at the 5 corners)



WELLAND
30 Rice Rd.
905-735-6819
(at Thorold Rd.)

ALL PRICES IN EFFECT FRIDAY, JULY 26 TO THURSDAY, AUGUST 1, 2013, UNLESS OTHERWISE STATED.

Stevensville GARDEN GALLERY

Sale prices in effect July 24 to July 30
While Quantities Last

**OPEN
7 DAYS
A WEEK**

Store Hours

Monday to
Saturday
9am - 8pm
Sunday
10am - 5pm
LCBO
11am - 5pm



**Rose of
Sharon**

**30%
OFF**

(Our reg. prices)



**Daylily
(1 gallon pot)**

\$4.99

(Reg. up to \$12.99)



**Natural Cedar
Mulch (2 cu. ft.)**

\$3.99



**Summer
Hats**

**30%
OFF**

(Our reg. prices)



**Boxwood
(1 gallon pot)**

\$3.99

(Reg. up to \$9.99)

■ MUNICIPAL FINANCE

Diesel engine mechanic wants development charges break

DAVE JOHNSON
InPort News Staff

WAINFLEET — Andrew Traver is building a business — to be called Screaming Diesel — to do modification and performance work on diesel truck engines.

But for now, he's looking for the Township of Wainfleet to waive development charges, and in doing so is arguing a need for his services locally.

"This kind of centre is needed around here," Traver told aldermen this week. "Milton

is the closest place where they do this kind of performance work. There is a growing need, the world is growing, and there is demand for it in Niagara."



Dykstra

Now in the process of building his shop, Traver said people from other areas are already approaching

him about having work done on their vehicles.

"I'm getting a positive response from the diesel truck community," he said, adding he's also already spoken to his neighbours about his plans.

With construction costs, the cost of tools, and building permits, Traver said there's no way he can come up with the roughly \$4,000 development charge fee right now.

"It's the only thing standing in my way. I'd be very grateful if it could be waived."

Traver told council he was advised to ask the township first and then ask Niagara Region for a break, as well.

During the discussion, Ald. Richard Dykstra reminded council that existing businesses in the township have also asked for development charge breaks.

Development charges are in place so existing residents in a town or city would not have to pay for new fire halls, libraries or an increase in public works or recreation areas because of new large-scale developments, like subdivisions.

Council asked for a staff report on development charges to be brought forward in the future.

2821 Stevensville Road

Stevensville, Ontario

905-382-2661

www.stevensvillegardengallery.com



See all the news unfolding 24/7
Your Canadian news just a click away

VISIT **canoe.ca**

A Qualtrics Media Company

LEAKY BASEMENT ?

Wet & Humid No More!



- OUTSIDE WATERPROOFING
- FOUNDATION REPAIRS
- STRUCTURAL LIFT
- FOUNDATION STABILIZATION
- SPRAYED RUBBERIZED JACKET
- EPOXY INJECTION
- CAMERA INSPECTION
- DRAINAGE WORK
- INT & EXT WEEPING SYSTEM
- SUMP PUMP
- BACK FLOW VALVE
- SEWER REPLACEMENT
- WATER LINE UPGRADE



WWW.WET AND HUMID NO MORE .CA
Office : (289) 296-3076
Mobile : (905) 329-8766
Toll Free : 1 800 578-0991



Installed Carpet or Vinyl

In Stock Selections

\$1.99*

Mention this ad and receive
Free Buffalo Bisons Tickets
on all purchases of flooring products

We Pay the Tax on Remnants!
Down in 30's and Ready to Go

12mm Laminate to 30's Starting at	Airstep Flooring to 30's Starting at	Porcelain Tiles to 30's Starting at	Ceramic Tiles to 30's Starting at
\$1.59	\$1.29	\$1.99	99¢

Crescent Flooring

409 Walden Blvd • Port Erie
(Behind Sobey's on Garrison Road)

Call us for a free estimate!
Mon-Wed & Fri 8:30AM-5PM
Thursday 8:30AM-7PM
Saturday 10AM-3PM
www.crescentflooring.com

905-994-7687 Toll Free 1-855-866-0422

In The NEWS

PILON'S PEAK PERFORMANCE

GRAND OPENING - SATURDAY , JULY 20



From left to right:

Twila Andrews, Ryan Pilon, Patti Misztal, Deron Pilon, Marilyn Pilon, Mayor Vance Badawey, Jen Stocco, Janine Pilon.

- Deron Pilon - Certified fitness trainer specialist
- Certified through Can-fit pro

We Offer :

- One on one, or tandem training in a private facility.
- We specialize in the Loss of body fat, increase in lean muscle, normalizing blood pressure, reducing the risk of heart disease, as well as increasing your energy level.
- Resistance, Cardiovascular, Core & Flexibility Training Programs are designed specifically to each one's goals and needs!

We are offering women's body sculpting classes, proper weight training technique classes, as well as sport specific one on one training.

First Session is absolutely FREE! No obligations.

127 OAKWOOD ST., PORT COLBORNE • 289-686-4634 • deronpilon@hotmail.com



THE TRIBUNE

www.wellandtribune.ca

■ **CANAL DAYS:** Attempt will be made to break Guinness World Record

You're needed for a water pistol fight

DAVE JOHNSON
Tribune Staff

PORT COLBORNE — Lisa Green wants to see 4,000 people get soaking wet during Canal Days.

Green isn't hoping for rain, rather she's hoping to break a Guinness World Record for the largest water pistol fight.

"The record is 3,804 people and we're hoping

for way more than that," said Green.

She said the event is also a fundraiser for Port Cares Reach Out Food Centre, adding entry to the water pistol fight is a non-perishable food item.

"The food centre is really low on items right now."

Green, who formed Helping Green ELFS (Ever Loving Family

Support), a group that helps people and families in the region, said the idea for the water pistol fight came to her in the wee morning hours.

"I told my husband and he said he thought it could work."

From there, Green took the idea to the Canal Days committee whose members were behind it and "excited about it."

The water pistol fight — and Green is encouraging water pistols only, not super soakers — will be held at H.H. Knoll Lakeview Park on Friday, Aug. 2. Registration is at 6 p.m. and the water pistol fight starts at 7:30 p.m. and will last for at least 10 minutes to break the record.

Volunteers are needed to help out from 5:30 p.m.

to 8:30 p.m.

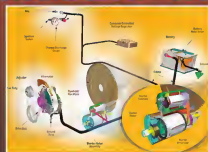
"The more volunteers, the merrier," said Green.

To volunteer for the event, or for more information, contact Green at 905-834-9345 or Jen Kenny at 289-836-9507.

Information can also be found at <http://helping-greenelfs.webs.com/> or www.facebook.com/events/490527711020531/?fref=ts.



BROOK JONES QMI Agency
An attempt to set a new world record for the largest water gun fight will take place during the Canal Days Marine Heritage Festival in Port Colborne on the civic holiday weekend.



WHY PERFORM AN ELECTRICAL SYSTEM MAINTENANCE ON YOUR VEHICLE?

Batteries have a limited life and will eventually require replacement. When a battery fails, the vehicle will not start, and could leave you stranded, requiring a tow or battery boost.

We identify battery concerns before they become a problem.

- **Convenient hours** including early bird drop off; plus you can shop while we service your vehicle.
- **Nationwide Warranty** Your satisfaction is our business. Minimum warranty of 100 days or 5500 km. Over 500 locations.
- **Price Match Guaranty** We will meet and beat any competitors written quote by 10%.
- **Deferred Payment Plan** get the services you need when you want them.
- **A drop-in service** bring in your vehicle without a scheduled appointment.



GLENDALE AVE.
ST. CATHARINES
905 227-7481

WELLAND AVE.
ST. CATHARINES
905-889-0488

MCCLEOD RD.
NIAGARA FALLS
905 358-0181

LOUTH ST.
ST. CATHARINES
905 882-8276

MONTRORSE RD.
NIAGARA FALLS
905 354-3848

GARRISON RD.
FORT ERIC
905 871-1684

WEST SIDE DR.
PORT COLBORNE
905-835-1155

PRIMVERAY DRIVE
WELLAND
905-782-7501

■ PADDLEBOARDS: Inaugural North Shore Standup held Sunday

Surfing on calm water

ALLAN BENNER
InPort News Staff

PORT COLBORNE — George Holmes recalls being among the first to dare to surf the waves of Lake Erie.

In the years since, he said the sport "has just blown up" as an increasing number of people discover the "ocean-quality waves" produced on the lake.

And Sunday, despite the relatively calm water, he was one of more than 20 surfers who gathered at Nickel Beach to participate in a type of surfing the people can do without having to await the call "Surf's up!"

The Niagara Falls resident was participating in the inaugural North Shore Standup — a 25-km trip along Niagara's

south coast from Port Colborne to Crystal Beach — an event held to raise funds to support the development of the Erie Coastal Stewardship EcoTrail, a more than 600-km-long trail project being developed by the Carolinian Canada Coalition. They were using paddleboards. They're similar to surfboards, but far larger and more buoyant. They ride the boards standing up, using elongated paddles to push themselves through the water.

It can be a significantly different experience compared to surfing the waves, said event organizer Katherine Balpataky, a Cambridge resident.

see **BOARDS** | page 37



ALLAN BENNER Staff Photo

About 20 people participated in the inaugural North Shore Standup, a 25 km stand up paddleboard event, held Sunday at Nickel Beach to raise funds to support of the Erie Coastal Stewardship EcoTrail.

Canada's nurses' prescription
for our health care system.

If politicians are truly concerned
about Canada's economy, they
should commit to ongoing
leadership to provide quality
health care for all.

Name The Right Hon. Stephen Harper Date July 24, 2013

Rx

- Effective, accessible prescription drugs for all Canadians ~~PK~~ **NOW**
- Safe appropriate care for all seniors where they need it ~~Start tomorrow~~ **NOW**
- Long-term Health Human Resource planning: Hire new health graduates before they leave our province ~~Next year~~ **NOW**
- Healthy lifestyle: Breakfast every morning, 8 portions of fruits and vegetables, water and exercise ~~20 to 30 minutes a day~~ **NOW**
- Federal leadership on the next Health Accord **NOW**

Signatures:

- | | | |
|--------------------------------|--|--|
| <input type="checkbox"/> MD: | <input type="checkbox"/> Hon. Alison Redford | <input type="checkbox"/> Hon. Darrell Dexter |
| <input type="checkbox"/> NP: | <input type="checkbox"/> Hon. Cheryl Clow | <input type="checkbox"/> Hon. Eva Aarvik |
| <input type="checkbox"/> RN: | <input type="checkbox"/> Hon. Gregory Selinger | <input type="checkbox"/> Hon. Kathleen Wynne |
| <input type="checkbox"/> RPhm: | <input type="checkbox"/> Hon. David Alward | <input type="checkbox"/> Hon. Robert W. J. Gibis |
| | <input type="checkbox"/> Hon. Kathy Dunderdale | <input type="checkbox"/> Hon. Pauline Marois |
| | <input type="checkbox"/> Hon. Bob McLeod | <input type="checkbox"/> Hon. Brad Wall |
| | | <input type="checkbox"/> Hon. Darrell Paslack |



CANADIAN
FEDERATION
OF NURSES
UNIONS

www.nursesunions.ca

WHERE KNOWLEDGE
MEETS KNOW-HOW

/CFNU
 /nursesunions

**Local
merchants.**



**frugal
fridays**

**Huge
savings.**

**No strings
attached.**



AVAILABLE ONLINE ONLY

COMING AUGUST 2ND!

InportNews.ca/FrugalFridays

■ BOARDS

Relaxing yet demanding

FROM PAGE 35

It's quiet and relaxing, drifting along the coast line admiring the Carolinian woods along the way, or looking down through the clear water to sunken boats they passed above, she said.

It's also very physically demanding, added Casey Treichler, another avid surfer who grew up in Sherston.

Treichler called standup paddleboarding "a full core

body workout."

"It's amazing. You get on it and go paddle for a few hours or kilometres and you feel all these muscles you've never felt before," Treichler said. "It's because you're balancing. You have to use your muscles to balance, and then you use all your stomach and back muscles to paddle. It's like using every muscle in your body."

Holmes said people don't need calm water to use a paddleboard.

He was out on the lake Friday, riding his paddleboard among the waves and gusts of wind that preceded the thunderstorm.

"I was out there, but it was just pure crazy," he said. "And then I went and got my surfboard. It was a good day."

The event was initially planned for Saturday, but was postponed due to the weather.

allan.benner@sunmedia.ca



VINCENT HONOURED

PORT COLBORNE — Former Port Colborne chief administrative officer Cecil Vincent has received recognition for his contributions to local government.

Vincent is the recipient of an Honorary Membership for Life Award from the Canadian Association of Municipal

Administrators.

Though he retired from his role as the lakeside city's head honcho years ago, Vincent is still involved at the municipal level as Port Colborne's manager of strategic projects and corporate strategic initiatives.

MORE PARKING

PORT COLBORNE — The city is paving the way for

smoother parking at the Vale Health and Wellness Centre.

Staff are collecting information on the costs associated with paving the existing gravel portion of the centre's lot to create an additional 190 parking spaces.

The city is hoping to find sponsorship for the project, but will issue a tender before the end of the summer if a sponsor cannot be found.

LAUNCH INTO SUMMER EVENT



\$198*

BI-WEEKLY
PAYMENT

1.9%*

48-MONTH
LEASE

\$0*

DOWN
SECURITY
DEPOSIT



PerformanceAcura
for people going places



158 Scott Street, St. Catharines
performanceacura.com | 905-937-1811



Selling price is \$42,530 on a new 2013 Acura ILX Model U48F502. Selling price includes \$1,845 freight and PDI, \$369 title (\$36), \$100 license (\$10), air conditioning tax (\$100) and OHVYC fee (\$65). License, insurance, registration and taxes (including GST/HST/GST) as applicable are extra. *Limited time lease offer based on a new 2013 Acura ILX Model U48F502 available through Acura Financial Services, on approved credit. Represented by lease example: 1.9% lease rate for 48 months. Bi-weekly payment is \$198 (includes \$1,845 freight & PDI) with \$0 down payment. \$0.00 per month lease rate charge of \$0.00 per month for excess kilometres. Total lease obligation is \$21,282. Offer includes a dealer contribution of \$260. License, insurance, registration, options and applicable fees, duties and taxes are extra (includes GST/HST/GST, as applicable). Some restrictions/conditions apply. Models shown for illustration purposes only. Offer ends July 31, 2013 and is subject to change or cancellation without notice. Dealer may lease for sale. Dealer certificate may be necessary. While quantities last. Visit PerformanceAcura for details. © 2013 Acura, a division of Honda Canada Inc.

**Local
merchants.**



**frugal
fridays**

**Huge
savings.**

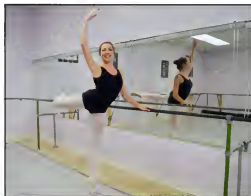
**No strings
attached.**



AVAILABLE ONLINE ONLY

COMING AUGUST 2ND!

InportNews.ca/FrugalFridays



SARAH FERGUSON Staff Photo

Lindsay Fabiani practises a ballet technique at her dance studio, Dance Expressions, in Port Colborne.

■ **PERFORMING:** 'I love to dance'

She's dancing en pointe

SARAH FERGUSON
InPort News Staff

PORT COLBORNE — When Lindsay Fabiani laces up her pointe shoes and begins to dance ballet, she is transported into a completely different world.

As her limbs begin to move gracefully across the dance floor, Fabiani said there's no better feeling.

Her favourite technique is pointe, a classical ballet technique which requires Fabiani to support all of her body weight on the tips of her fully extended feet. Fabiani describes the feeling of being "en pointe" as if she is dancing in the air.

"I love it. It's so graceful," she said.

"It's just hard to describe. You lose yourself

and find yourself all at the same time."

Fabiani performed her first pointe solo at the Ontario Dance Challenge held in Mississauga in March. Of all the soloists entered into the competition, Fabiani was chosen to receive the President's Choice Award for Technical Excellence for her performance.

She has also been invited

to perform her pointe solo at the Sheraton Toronto Airport Hotel, where dance teachers from across Ontario will gather for the annual general meeting of the Canadian Dance Teacher's Association in September.

The chance to perform in front of her peers is a privilege for Fabiani.

see **DANCE** | page 40



SHIFT INTO

SUMMER

TAKE A LOOK
UNDER THE HOOD

AUTO SERVICE



Tune up your car

Canadian Tire Auto Service offers:

- **Convenient hours** including early bird drop off; plus you can shop while we service your vehicle.
- **Nationwide Warranty** Your satisfaction is our business. Minimum warranty of 100 days or 5500 km. Over 500 locations.
- **Price Match Guarantee** We will meet and beat any competitors written estimate.
- **Deferred Payment Plan** get the services you need when you want them.
- **A drop-in service** bring in your vehicle without a scheduled appointment.

GLENDALE AVE
ST. CATHARINES
905-227-7481

WELLAND AVE.
ST. CATHARINES
905-688-0488

MCLEOD RD.
NIAGARA FALLS
905-358-0181

LOUTH ST.
ST. CATHARINES
905-682-8276

MONTROSE RD.
NIAGARA FALLS
905-354-3848

GARRISON RD.
FORT ERIC
905-871-1684

WEST SIDE DR.
PORT COLBORNE
905-835-1155

PRIMENWAY DRIVE
WELLAND
905-732-7501

■ DANCE

Fabiani also selected for scholarship

FROM PAGE 39

"It's such a big honour to perform what I love in front of so many people who share the same passion as I do," Fabiani said of her opportunity to perform in front of members of the Canadian Dance Teachers' Association.

Adding to her list of accomplishments, Fabiani was selected for a dance scholarship, beating out all of the pointe and lyrical soloists for dancers ages 15-18 at the Port Colborne Festival of Arts Dance competition held at Lakeshore Catholic High School in

April. She was also selected to receive the award for highest overall mark awarded for a solo in her age category at the Northern Stars Dance competition held in Niagara Falls in May. The teen spends about 10 hours a week at Dance Expressions on Main St. E. in

Port Colborne studying not only ballet, but also tap, jazz, and lyrical. She also spends Saturday mornings assisting younger students in their dance classes.

The Lakeshore honours student, who is headed into Grade 10 in September, says all of the hard work put into

balancing her responsibilities as a student and a dancer are well worth the hard work and effort.

"I love to dance. This is my second home," Fabiani said of the dance studio.

She started dancing when she was three years old and began to dance competitively

when she was 10.

"I was always serious about dance but I became more serious when I was asked to join program A."

When she joined program A, Fabiani said she was required to take dance exams and entered into competitions.

DENNIS O'REILLY CONTRACTING AND CARPENTRY

Look no further to get professional results

- Remodeling the Niagara Region for the past decade
- Dedicated to providing the finest quality of service and materials for your dollar
- Written warranties

Always a fast, friendly and *FREE* estimate

"Don't settle on part time service"

Ph: 905-894-8599



SPOTLIGHT on service

**Reach Over
20,000 Readers!
WITH YOUR MESSAGE
IN THIS SPACE**

For Only **\$20⁰⁰** Per Week
Based on 13 Weeks

Call 905-732-2414 x.458



www.dance-expressions.ca

COME DANCE WITH US

DANCE EXPRESSIONS INC.

Offering Classes in

- Ballet • Pointe • Tap • Jazz
 - Lyrical • Hip Hop • Modern
- for Students 3 years to Adult

**Training Dancers and Dance Teachers
in our Community for over 40 Years**

183 Main Street East, Rear Unit, Port Colborne

905-834-0077

SPOTLIGHT on service



TEMPERATURES ARE RISING

CALL FOR A FREE ESTIMATE
ON FURNACE &
AIR CONDITIONING PACKAGES

WE SERVICE ALL MAKES & MODELS!

905-892-7787

Heating & Air Conditioning
Residential - Commercial

BOB REID



Register Now

W2 Dance Studio

Offering dance classes in Ballet, Tap, Jazz, Hip Hop,
Lyrical, Pointe, Musical Theatre,
Contemporary and Acro
Classes designed for ages 3 to adults



**3256 Concession 3, Port Colborne
905-835-5591**



- Patio's • Stamp Concrete
- Finishing • Sidewalks • Driveways

Call 289-821-0473

J. SNEEK PLUMBING

CALL JOHN SNEEK

OVER 25 YEARS EXPERIENCE

HOME: 905-834-2135 • BUSINESS: 905-964-2518

No More Bootcamps. No More Tasteless Meals.
No More Diet Re-Lapse with
Nutrie and Herbalife

See how much losing weight can enhance your health,
confidence and quality of life!

Contact: Don Thrower for a Free Consultation

905-735-8007 or 289-821-0671

e-mail jthrower1@cogeco.ca

140 Cardinal Crescent Welland

4:30-11:00pm Monday - Friday • 9:00 - 11:00pm Weekends/holidays
<http://donalthrowerautomaticbody.com/>



est. SINCE 1984
SHERKSTON
CELEBRATING 29 YEARS
FAMILY GO-KARTS

**2 LAPS
FREE**
With purchase of
5 laps for \$11.00

**Book your Birthday Party today • 905-894-4445
799 EMPIRE RD • SHERKSTON, ON**



SERVICE | UPGRADES | REPAIRS | USED COMPUTER SYSTEMS

250 Kent St. Port Colborne
905-834-6333

graham@scccomputers.com
www.scccomputers.com

When the electricity falls...
How will you be AFFECTED?

**Custom Designed Stand-by Power
Installations to Suit Your Needs**

Cornell Feenstra Electric Ltd.

All Types of Electrical Installation
Pole Line Installation & Aerial Bucket Truck Service
Call: **905-899-2373** • Fax: **905-899-2383**

your **save on everything** store

GIANT TIGER

proudly **Canadian**



YOUR PICK!

77¢
EA.
1.00-1.27

111-227 g, #640239/644358

Canada's
**LOW-PRICE
GIANT!**

i ♥ saving at
GIANT TIGER



HOT BUY!

2.50
-3.77

275 g, #400041



your choice!

SAVE \$3

\$7
EA.
10.00

#66407 g, #110772/910627



LOW PRICE!

\$1
-1.97

400 g, #402101



SAVE \$1!

\$2
-3.00

25 bags, #610211



BIG VALUE!

\$2
EA.
3.00

17.46 pack, #400112



SAVE \$2

\$5
-7.00

900 g, #110336/102337/102338



SAVE \$6

13.97
-19.97

2 kg, #010425

Prices in effect July 25th - 28th, 2013, while quantities last

200 Fitch Street, Welland

Store hours: Mon. - Fri. 8 am to 9 pm
Sat. 8 am to 6 pm • Sun. 9 am to 6 pm

Check us out online at www.gianttiger.com and follow us on:

yourlifemoments.ca

Marking your milestones.

Obituaries | In Memoriam | Thanks | Births | Celebrations | More

For Obituaries call:
1-877-750-5054

Fax: 1-866-485-8461

e-mail: obituaries@yourlifemoments.ca

All other moments call:
1-888-786-7821

Fax: 1-866-757-0227

e-mail: milestones@yourlifemoments.ca

PUBLIC NOTICE

PROPOSED ROGERS WIRELESS COMMUNICATION TOWER 50 METRE STEEL MONOPOLE STRUCTURE 947 ELM STREET, CITY OF PORT COLBORNE

SUBJECT:

- Wireless communications steel monopole structure, 50 meters high and will occupy a ground compound area of 330 sq.m.
- The facility will include Radio equipment cabinet and board fencing at the base of the compound. The structure will provide wireless voice and data services along Elm Street at Main Street E., and the surrounding area.
- Location: southeast (rear) of private property located at 947 Elm Street, City of Port Colborne

CITY OF PORT COLBORNE PUBLIC MEETING/OPEN HOUSE:

Date: August 20, 2013
Time: 5:30 – 7:30 pm
Place: Port Colborne City Hall
66 Charlotte Street, Port Colborne, ON
L3K 3C8

ANY PERSON may make a written submission to the individuals listed below by close of business August 25, 2013 and/or attend the public information meeting as listed below.

PLEASE TAKE NOTICE as the approval of this site and its design is under the exclusive jurisdiction of the Government of Canada through Industry Canada however, local input from the community and land-use authority are important elements to consider in the siting of these facilities. For more information contact the local Industry Canada office at (519) 457-4826

PLEASE FORWARD ALL COMMENTS AND REQUESTS FOR ADDITIONAL INFORMATION TO THE FOLLOWING INDIVIDUALS:

PROPOSER CONTACT: Sean Ogilvie, Summit Telecom Services Inc., 2645 Royal Windsor Drive, Mississauga, Ontario, L5L 1K9, Tel: (905) 630-7912, Fax: (888) 759-7863, sean@summit-tel.com

MUNICIPAL CONTACT: Evan Acs, Planner, City of Port Colborne, 66 Charlotte Street, Port Colborne, ON L3K 3C8, Tel: 905-835-2900 Ext. 202
evanacs@portcolborne.ca

SITE LOCATION MAP



Building Supplies

STEEL BUILDINGS / METAL BUILDINGS UP TO 60% OFF! 30x60, 40x60, 50x60, 60x100, 80x100 sell for balance owed! Call: 1-800-657-5208 www.crownsteelbuildings.ca

Apartments

1 BDRM apt. - Clean quiet, Ader St & Dumville, and bus 5000 + id. ut & last reg. or Avail Immed. 519-647-5575

1 BDRM Apt. upper 325 Carleton Rd., Rensville Ave Aug 15 (905)692-3070

1 BDRM Cozy bdrmt apt, 8500 Inland ave. All bills paid Avail. now 905-361-5944

1 BDRM - office upper, nicely decorated! \$525+ (reasonable utilities) Avail. Now 905-634-8824

2 BDRM incl. Close to Lincoln St. Mail. No pets, Secure Entrance, \$780 incl. Avail. Now 905-634-8824

2 BDRM - FORTHILL See Kiosk at VITESSCOBES (519)864-6539

2 BDRM Apt Port Colborne \$950 inclusive Call 288-686-1748

KINGS MANOR on Glen Park Dr. 6 + 2 bdrm apt. Park like setting. Extra storage. 905-735-3371

Condos/Lofts /Twinn-Rent

Visit Our Open House Specimen 344 Bdrm Town Houses In great family complex starting at \$800. Call 905-788-0070 or 1-800-466-6985

DRIVERS WANTED AZ, OZ, 6, 3 or 1 with airbrakes

Guaranteed 40 hour work week overtime, paid travel, lodging, meal allowance, 4 weeks vacation! excellent benefits package. Must be able to handle extended stays away from home, up to 6 months.

Experiences Needed: Valid AZ, OZ, 6, 3 or 1 with airbrakes, commercial driving experience. Apply online at www.spmcmill.com under drivers. Click here to apply.

General Driver DO NOT FILL IN CITY OR STATE CODE.

General Help Wanted

HELP WANTED- LOCAL PEOPLE NEEDED!! Simple & Flexible Online Work. 100% Genuine Opportunity. F/T & P/T. Internet Needed Very Easy. No experience/ Required Income Guaranteed

HELP WANTED!! \$5.00 Weekly Mailer Brochures Needed to Judge! And Dining Establishments. Genuine Opportunity. P/T. Experience Not Required. If You Can Shop - You are Qualified.

www.MyShopsToGo.com

General Help Wanted

WORK OPPORTUNITIES + TRAVEL Childcare in US, farm, medical etc. provided. Childcare in Holland, New Zealand, Australia, Spain, England, China, etc. Different benefits apply. Hotel also in England, teach in Scotland, or for farm, medical etc. provided. Apply at 902-426-1465 9024261465@outlook.com

Astroslogy Psychic Consultants TRUE PSYCHICS 905-444-6868 NOW 24/7 Toll FREE 1-877-342-3032 Mobile: 444-6868 www.truepsychics.ca

ALLTYPE MASONRY Chimneys, Foundations Form Shoring 1224 Call 289-241-4767

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

Help Wanted! Make \$1000 weekly mailing brochures needed to judge! experience required. Start immediately! www.TheMailingHub.com

HELP WANTED!!! \$5.00 Weekly Mailer Brochures Needed to Judge! And Dining Establishments. Genuine Opportunity. P/T. Experience Not Required. If You Can Shop - You are Qualified.

www.MyShopsToGo.com

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

Help Wanted! Make \$1000 weekly mailing brochures needed to judge! experience required. Start immediately! www.TheMailingHub.com

HELP WANTED!!! \$5.00 Weekly Mailer Brochures Needed to Judge! And Dining Establishments. Genuine Opportunity. P/T. Experience Not Required. If You Can Shop - You are Qualified.

www.MyShopsToGo.com

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

Help Wanted! Make \$1000 weekly mailing brochures needed to judge! experience required. Start immediately! www.TheMailingHub.com

HELP WANTED!!! \$5.00 Weekly Mailer Brochures Needed to Judge! And Dining Establishments. Genuine Opportunity. P/T. Experience Not Required. If You Can Shop - You are Qualified.

www.MyShopsToGo.com

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

Help Wanted! Make \$1000 weekly mailing brochures needed to judge! experience required. Start immediately! www.TheMailingHub.com

HELP WANTED!!! \$5.00 Weekly Mailer Brochures Needed to Judge! And Dining Establishments. Genuine Opportunity. P/T. Experience Not Required. If You Can Shop - You are Qualified.

www.MyShopsToGo.com

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

Help Wanted! Make \$1000 weekly mailing brochures needed to judge! experience required. Start immediately! www.TheMailingHub.com

HELP WANTED!!! \$5.00 Weekly Mailer Brochures Needed to Judge! And Dining Establishments. Genuine Opportunity. P/T. Experience Not Required. If You Can Shop - You are Qualified.

www.MyShopsToGo.com

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help Wanted

General Help

The Healthy Cupboard

FONTHILL
111 #20 EAST
(across from Sobey's)
905.892.9054

PORT COLBORNE
101 CLARENCE STREET
(across from Food Basics)
905.835.9806

Customer Appreciation Day
FIRST WEDNESDAY OF
EVERY MONTH
Open Late until 7PM

What's the Connection Between Belly Fat, Skin Tags and Diabetes

hormone that, when in excess, also causes an elevation in male hormones in women, causing male facial hair growth and acne too. In men, elevated insulin results in a **beer belly** and breasts. High insulin promotes **weight gain**, high cholesterol, **diabetes** and excess **belly fat**. **Skin tags** are an early sign of pre-diabetes. Thankfully, busting belly fat and normalizing insulin just got easier. **GLUCOsmart** containing **Chirositol™** has been researched in over 30 studies at the Virginia Medical School, for prediabetes, **Type-2 diabetes**, and excess male hormone-related conditions such as **PCOS**. GLUCOsmart has also been shown to reduce appetite and **sugar cravings**. But where GLUCOsmart really shines is in **fighting belly fat** in both **MEN AND WOMEN**.

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. Starving and **running** on the treadmill for hours every week doesn't seem to budge **belly fat** either. We know there is a connection between our expanding waistlines and our **hormones**. The main hormone contributing to belly fat is insulin. Insulin is a **powerful**

The Healthy Cupboard

\$300 off

your purchase of
GLUCOSMART
Valid until July 27th, 2013.



FREE Book

(24.95 value)

when you purchase
GLUCOSMART

www.hormonehelp.com

The Healthy Cupboard

SIGN UP FOR OUR NEWSLETTER AT
www.healthycupboard.ca



Tanya & Ian Birrell
Owners of
The Healthy Cupboard

TWO LOCATIONS!

FONTHILL
111 #20 EAST
(across from Sobey's)

PORT COLBORNE
101 CLARENCE STREET
(across from Food Basics)

905.892.9054 905.835.9806